**Time Planning**

Now that you are approaching secondary school age, you will find that changes will happen or have already happened to your body. This is known as puberty. I will provide some resources linked to that as part of home learning, but this information will be sent to your parents separately.

It is important - now you are older - that you start taking responsibility for your own personal care. One of the many joys of puberty is that your sweat glands and sebaceous glands (they cause greasy hair) are going into overdrive. Your skin will be affected, too.

It is likely you will find you will need to:

* Have a bath or shower more often than before
* Start using deodorant
* Have your clothes washed more often
* Get more sleep
* Use skin cleanser and cream
* Take care with personal grooming
* Eat more healthily

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Task | Twice daily | Every day | Every other day | Weekly | Twice weekly | How long? | Time in the morning | And/or evening |
| Bath/shower |  |  |  |  |  |  |   |  |
| Use deodorant |  |  |  |  |  |  |  |  |
| Wash hair |  |  |  |  |  |  |  |  |
| Shirt for washing |  |  |  |  |  |  |  |  |
| Skirt/trousers for washing |  |  |  |  |  |  |  |  |
| Skin care routine |  |  |  |  |  |  |  |  |
| Style hair |  |  |  |  |  |  |  |  |
| Have breakfast |  |  |  |  |  |  |  |  |
| Clean teeth |  |  |  |  |  |  |  |  |
| Get dressed |  |  |  |  |  |  |  |  |

To make sure you have the time to do all of these important things, you will have to plan your time before you go to bed and when you get up each morning. Look at the table below and think about how long each thing will take you to do and when you think you will be able to do them. **Talk to mum/dad what they think.**

What time will you need to get up in the morning so you have enough time to get yourself ready and get to school on time? ………………………………………

## Morning routine

Before leaving for school, there are a lot of things to think about, starting from the night before.

**Things to think about in the morning.** Put them in the right order.

**Check with mum/dad.**

|  |  |
| --- | --- |
| Activity | Time order (1-11) |
| Get dressed |  |
| Check you have the correct equipment in your bag |  |
| Check your timetable |  |
| Check you have got your homework |  |
| Clean your teeth |  |
| Say “Goodbye” |  |
| Check you have the correct money |  |
| Wake up |  |
|  Eat your breakfast |  |
| Leave for School |  |
| Wash |  |

Any others?

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Plan your morning routine with approximate times. Consider whether some activities could be done the night before.

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| --- | --- |
| **Time**  | **What to do** |
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