

# LEARNER DAILY PROGRAMME

TIME	TASK	ACTION
9.30 am	GET READY FOR YOUR COURSE	<ul style="list-style-type: none"> <li>- Set up your work space</li> <li>- Check your internet connection</li> <li>- Get your workbook ready</li> </ul>
10 am	COURSE STARTS ON ZOOM (2HR)	<ul style="list-style-type: none"> <li>- Tutor welcome and ice breaker</li> <li>- Start lesson or recap of previous lesson</li> <li>- Topic of the day - workshop</li> </ul>
1 pm	LUNCH (1HR)	
2 pm	AFTERNOON SESSION ON ZOOM (2HR)	<ul style="list-style-type: none"> <li>- Assessment</li> <li>- Workbook tasks set</li> <li>- Q&amp;A with tutor</li> </ul>
4 pm	EVENING	<ul style="list-style-type: none"> <li>- Take a breather</li> <li>- Exercise</li> <li>- Homework</li> </ul>



# LEARNER DAILY PROGRAMME TIPS

## TIPS TO MAKE YOUR STUDY DAY MORE ENJOYABLE

### 1. MAKE YOUR WORK SPACE A PLACE YOU ENJOY BEING IN

Make your space a place you are able to concentrate on learning and engaging with your course. Having your laptop or computer ready, with a quick check of your internet connection, will ensure you are ready to join your session on time.

### 2. SET GOALS FOR THE WEEK

Setting yourself learning goals for the week will help you break down and see what you have or set out to achieve. Creating a to-do-list of your top priorities will mean you will be able to balance your study time and your personal time.

### 3. EXERCISE

Fitting in some exercise during your day will help break up and maintain a healthy balance. This could be a light jog around the block, doing some yoga or a 5 min stretch at your desk.

Fitness with Joe Wicks: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Yoga with Adriene: <https://www.youtube.com/user/yogawithadriene>

Desk stretches: <https://www.youtube.com/watch?v=BdfTuxdfIE8>

### 4. GOOD SLEEP PATTERN

Getting a good night sleep will help towards better concentration, memory and recall during the day. It also aids creativity and helps you with decision making. You get a stronger immune system and increase focus on positive thoughts.

### 5. CHOOSE HEALTHY OPTIONS

Choosing to eat healthy can have lots of benefits. It helps you handle stress better, increases your productivity and your energy levels. Along with improving your immune system, memory and getting better rest and sleep, meaning you can be on top of your game.

Cooking with Jamie Oliver: <https://www.youtube.com/playlist?list=PLcpoB2VESJme7ISxXEcXyVtFPsMI78IcL>

Cooking with Gordon Ramsay: <https://www.youtube.com/user/gordonramsay>

### 6. BREATH OR MEDITATE

Making time to pause and just breath or meditate during your day can have benefits to your overall health. It can bring a sense of calm, peace and balance to your day. Helps increase blood flow and slows your heart rate making you have increased energy and reduced stress.