

Time to Reflect

Activity: A Day in the Life



During lockdown, children described significant changes to their morning routine, eating habits, sleep patterns, screen use, exercise and play time. Such changes have impacted on children's health and wellbeing. This activity is a useful tool to explore children's daily routine and to encourage children's reflections on the impact of their routines on their health and wellbeing.

Links to Curriculum for Excellence Experiences and Outcomes

- I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 2-07a / HWB 3-07a
- I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others. HWB 2-11a / HWB 3-11a

Learning Intentions

- Learners know that establishing daily routines can promote positive health and wellbeing.
- Learners describe the differences in their daily routine before, during and post-lockdown.

Duration

45 minutes - 1 hour

What You Need

There are several ways to complete this activity.

If completed as an individual activity, you will need:

- Template A – printed on white paper or card, two per child.
- Colouring pens

If completed as a group activity, inside or outside, you will need:

- Two giant clocks with numbers and hands – this can be drawn on an A1 sheet of paper or whiteboard, side by side. This could also be drawn using chalkbased pens (if outside).
- Sticky notes in four different colours (if inside).
- Colouring pens (if inside) or chalk-based pens (if outside).

Activity

Begin by inviting children to sit round in a circle. Explain that life has changed for everyone since the beginning of lockdown. Our daily routines have been different and as we return to school, it's important to think about how things have changed for better or worse. Explain that this activity will help everyone to think and talk about our lockdown daily routines. Then we will think about an 'ideal routine' that will help us keep happy, healthy and safe going forward.

This activity can be completed individually or in a group.

On the first clock, invite the children to record how they spent their day during lockdown using pens or sticky notes. Use the following prompts, choosing a different colour for each:

- When did I get up?
- How and when did I use screens?
- How and when was I active?
- What did my bedtime routine look like? What time did I go to bed?

On the second clock, invite the children to record how a happy, healthy and safe child would spend their day using pens or sticky notes. Use the following prompts, choosing a different colour for each:

- When did I get up?
- How and when would they use screens?
- How and when would they be active?
- What would their bedtime routine look like? What time would they go to bed?

After populating the clocks with responses (see image below), ask the children to look at the two clocks side by side. One prompt at a time (eating, screens, physical activity, sleep), encourage the children to talk about their lockdown experiences versus their suggested ideal experiences. What could they change to be happier, healthier and safer?



