



Education
Endowment
Foundation

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https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Supporting_home_learning_routines_-_Planning_the_day.pdf

One of the most important ways to keep mentally healthy is to have routine and structure, and to maintain a healthy sleep pattern.

The Education Endowment Foundation (EEF) have produced a checklist to help parents and children manage their routines. You may find this one useful.