

OLS Easter Study Timetable



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Mid Day					
Afternoon					

Brain Break Activities

- Get outdoors (e.g. a bike ride, football, go for a walk).
- Complete a mindfulness colouring sheet.
- Get cooking and baking.
- Watch your favourite TV show/cartoon.
- Complete a sudoku, word search or jigsaw.
- Play your favourite music and dance.
- Have a relaxing bath!

DREAM. BELIEVE. ACHIEVE.

Weekly Treat

This is something to look forward to after all your hard work.

OLS Easter Study Timetable



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Mid Day					
Afternoon					

Brain Break Activities

- Get outdoors (e.g. a bike ride, football, go for a walk).
- Complete a mindfulness colouring sheet.
- Get cooking and baking.
- Watch your favourite TV show/cartoon.
- Complete a sudoku, word search or jigsaw.
- Play your favourite music and dance.
- Have a relaxing bath!

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