

# DAILY RHYTHM



Our day. Our way.



1		<b>READING</b>	Read for 10 minutes. Builds knowledge and imagination!	<input type="checkbox"/>
2		<b>WORKSHEETS</b>	Maths and English worksheets. Do your best!	<input type="checkbox"/>
3		<b>BREAK</b>	Take a short break, stretch, snack, relax.	<input type="checkbox"/>
4		<b>FOCUS ACTIVITY</b>	Hands-on learning based on today's focus subject.	<input type="checkbox"/>
5		<b>STUDY LADDER</b>	Build skills with short, focused sessions.	<input type="checkbox"/>
6		<b>LUNCH</b>	Fuel up and enjoy lunch together.	<input type="checkbox"/>
7		<b>MOVEMENT</b>	Move your body, boost energy and have fun!	<input type="checkbox"/>
8		<b>TECH PROJECTS</b>	Work on coding, creativity or digital projects.	<input type="checkbox"/>
9		<b>BREAK</b>	Reset, hydrate and get ready for more!	<input type="checkbox"/>
10		<b>ACTIVITY</b>	Creative time, craft, music, reading or anything you love!	<input type="checkbox"/>
11		<b>TIDY UP</b>	Tidy our space, reset and get ready for free time.	<input type="checkbox"/>
12		<b>FREE TIME</b>	You did it! Enjoy your well-earned time.	<input type="checkbox"/>



**PROGRESS OVER PERFECTION.**  
WE LEARN, WE TRY, WE GROW – TOGETHER.

