

TOP 5 TIPS FOR KS4

A lot of young people are unsure what the future holds for them in the next few months and worrying about this is perfectly normal. You are not alone, at Empire fighting chance we have come up with some ways for you to make the most of your time in these difficult times.

Providing as much detail as you can speeds up the whole process!

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1. Keep to a routine as best you can.

Keep on top of things such as schoolwork or coursework. Design a timetable for your day, work out exactly when you are going to do certain things, prioritise.

| | Chris | | | | | Reece | | | | |
|------------|---|--|------------------------------------|------------------------------------|------------------------------------|-----------------|-----------------|-----------------|-----------------|-------------------------|
| | M | Tu | W | Th | F | M | Tu | W | Th | F |
| 9am-10am | Sit bed, wash, brush teeth, tidy room + brush | bed, dog, brush, tidy, wash, brush, tidy | brush, tidy, wash, brush, tidy | 1-1 George | 1-1 Reece | 1-1 with Mark | 1-1 with Mark | 1-1 with Mark | 1-1 with Mark | Art & Craft with George |
| 10am-11am | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with Mark |
| 11am-12:30 | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with Mark |
| 12:30-1:00 | L | U | N | C | H | L | U | N | C | H |
| 1pm-2pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 2pm-3pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 3pm-4pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 4pm-5pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 5pm-6pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 6pm-7pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 7pm-8pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 8pm-9pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 9pm-10pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |
| 10pm-11pm | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1 hour dedicated to sch work/study | 1-1 with George |

2. Stay active!

Healthy body, healthy mind. As we only have a certain amount of time to exercise outside it is important to make the most of this but also be creative inside.

3. Do your research

Have a think about where you want to be once the coronavirus has passed. If it is college or work, do some research in to when they're open. Some places are still open to call and ask important questions.

4. Do that thing you have been putting off

It is important to stay organised. We all have that hobby or interest we have been putting off for a while. Use this time wisely, learn a new language, get fit or learn a new skill.

5. Speak to others!

Isolation doesn't have to be lonely. Technology can be used to communicate, whether it's a phone call or a video call, see how other people are and talk to others on how you are doing.

If you have any questions or worries, gives us a call on 0117 908 6655 or email aaron@empirefightingchance.org