ACTIVITY 2 | **WORKSHEET 1**

My Normal Day

NAME:

DATE:

Read this student's normal day and then answer the questions:

My Normal Day 🏫

6.30am:	Get up. Scroll through phone for 20 minutes. 🥱 📱
7am:	Shower and go have breakfast. Scrambled eggs on toast - thanks Mum! 🚿🍽️
7.45am:	Out the door for school. I could walk but I can't be bothered - Mum, can you give me a lift? 🚗
10am:	PE lesson. I love PE so I get really into it and am pretty sweaty by the end. 🏀🤸
11am:	Recess. An apple and a muesli bar. 🍎
1pm:	Lunch is a ham sandwich and a bag of chips. I'm pretty tired from PE so my friends and I just hang out in the common area and chat, and scroll through our social media accounts. 🥪 📱
3.30pm:	Walk home (Dad's doing the groceries so can't pick me up. I text him and ask her to pick up some soft drink cos yum) 🥤😋
4pm:	Glass of soft drink and a cookie. Then off to footy practice. 🍪🏈
6pm:	Dinner. Mum has made salad. Gross, but I guess it's healthy – and ooh, is that haloumi? 🥗
8pm:	Hot chocolate and another scroll through my phone, plus some Netflix before bed. ☕📱🛏️

➡️ What is this student already doing really well to boost their brain development and protect their mental health?

➡️ What suggestions would you make to this student for their day to be even better for their brain development and mental health?