





**How important  
is it to have a  
routine?**

In the news  
this week...

Since schools closed to most pupils two weeks before the Easter break, many young people have had to completely rehaul their usual routines.

Do you like to have a routine?

Learn more about this week's story [here](#).

Watch this week's useful video [here](#).

*\*NEW\** This week's Virtual Assembly [here](#).



**Picture  
News**

How does it  
make me feel?

<b>sad</b>	<b>angry</b>	<b>happy</b>	<b>confused</b>	<b>excited</b>	<b>worried</b>	<b>shocked</b>	<b>afraid</b>
despondent disconsolate dismal doleful downhearted forlorn gloomy melancholic miserable woeful wretched	aggrieved annoyed discontented disgruntled distressed exasperated frustrated indignant offended outraged resentful vexed	beaming buoyant cheery contented delighted enraptured gleeful glowing joyful	addled baffled bemused bewildered disorientated indistinct muddled mystified perplexed puzzled	animated elevated enlivened enthusiastic exhilarated exuberant thrilled	agitated anxious apprehensive concerned disquieted distraught distressed disturbed fretful perturbed troubled uneasy	astonished astounded disconcerted distressed dumbfounded horrified staggered startled stunned surprised	alarmed apprehensive daunted fearful frantic horrified petrified terrified

## Assembly Resource

*Read the opinions found below. Are there any you agree with? Can you sort them into those who prefer to have a routine and those who you think would prefer not to?*

It's important to me to know what's happening each day, I like structure!

***Caitlyn, 8***

## Assembly Resource

*Read the opinions found below. Are there any you agree with? Can you sort them into those who prefer to have a routine and those who you think would prefer not to?*

I am very creative, so I like to work and complete things when I'm in the mood, sometimes I can work for hours!

**Max, 16**

## Assembly Resource

*Read the opinions found below. Are there any you agree with? Can you sort them into those who prefer to have a routine and those who you think would prefer not to?*

If I do things whenever I feel like it, I don't get as much done. I always set my alarm for the same time each day!

**Alex, 11**

## Assembly Resource

*Read the opinions found below. Are there any you agree with? Can you sort them into those who prefer to have a routine and those who you think would prefer not to?*

**Which of these morning routines would you prefer?  
Explain why.**

Activity	Time
Alarm goes off and get up	7.00am
Eat breakfast	7.30am
Brush teeth	8.00am
Walk to school	8.45am

Activity
Wake up and see what time it is
If time, have cereal for breakfast
Walk to school if time, or drive if not

## Resource 1

*Look at the resource below, which shows some of the things Luda does on a weekday.*

**Which things does Luda do in the  
morning, in the afternoon, in the  
evening?  
Can you order them?**

morning

afternoon

evening

night

## Resource 1

*Look at the resource below, which shows some of the things Luda does on a weekday.*



Have lunch



Watch television



Go to sleep



Go to school

## Resource 1

*Look at the resource below, which shows some of the things Luda does on a weekday.*



School finishes,  
go home



Get dressed



Have tea



Play with toys

## Resource 1

*Look at the resource below, which shows some of the things Luda does on a weekday.*



Brush teeth



Wake up and get  
out of bed



Have breakfast



Have a wash

## Resource 2

*Look at the resource below, which shares Arthur's experience of a day without any routine.*

I woke up and chilled out in bed for a while as I didn't feel like getting up straight away.



I got dressed in my school uniform and headed to school. I didn't brush my teeth or have breakfast.



I arrived at school, but the gate was locked so I had to go in through the main office. Mrs Teller told me I was late and asked where I had been. The rest of my class were outside. I felt a bit anxious going to join them as they all looked busy completing a science experiment. It looked fun.

## Resource 2

*Look at the resource below, which shares Arthur's experience of a day without any routine.*

Mr Swindell, my teacher, gave me a wave and a smile and asked me to join in with a group. I felt better until my tummy started to rumble – I was so hungry! I decided to go to the canteen to get my lunch.



When I arrived, Mr Moore, the school cook, was quite cross and abrupt. He said it wasn't lunchtime yet and I shouldn't be wandering around school. He sent me back to my class.

Mr Swindell looked to be panicking when I returned. He looked up and saw me and instantly looked relieved. He asked where I had been? He had been worried and explained that lots of other adults in school had been searching for me. I explained how hungry I had been, and I had wanted something to eat.



## Resource 2

*Look at the resource below, which shares Arthur's experience of a day without any routine.*

The bell rang for break, but I felt tired so decided to sit in the classroom and read a book instead.



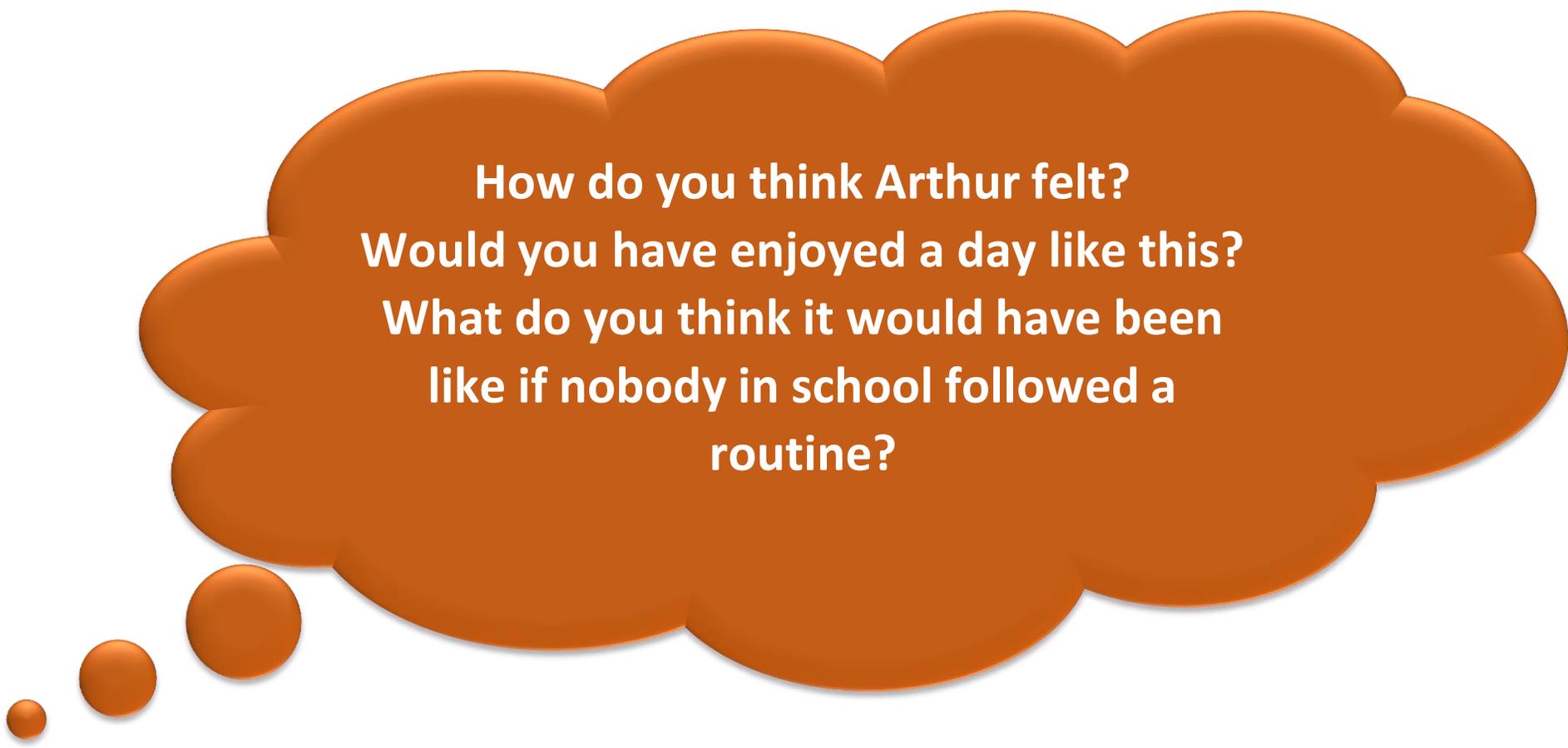
Once I had finished my book, I felt like going home so set off. Once I arrived at home, I made myself something to eat. Afterwards I decided to brush my teeth then watch television.

The police arrived at my house! I was confused but they explained that school had contacted them as they were worried as I had just disappeared. I said I was sorry as I hadn't meant to worry anyone, I just wanted to come home.



## Resource 2

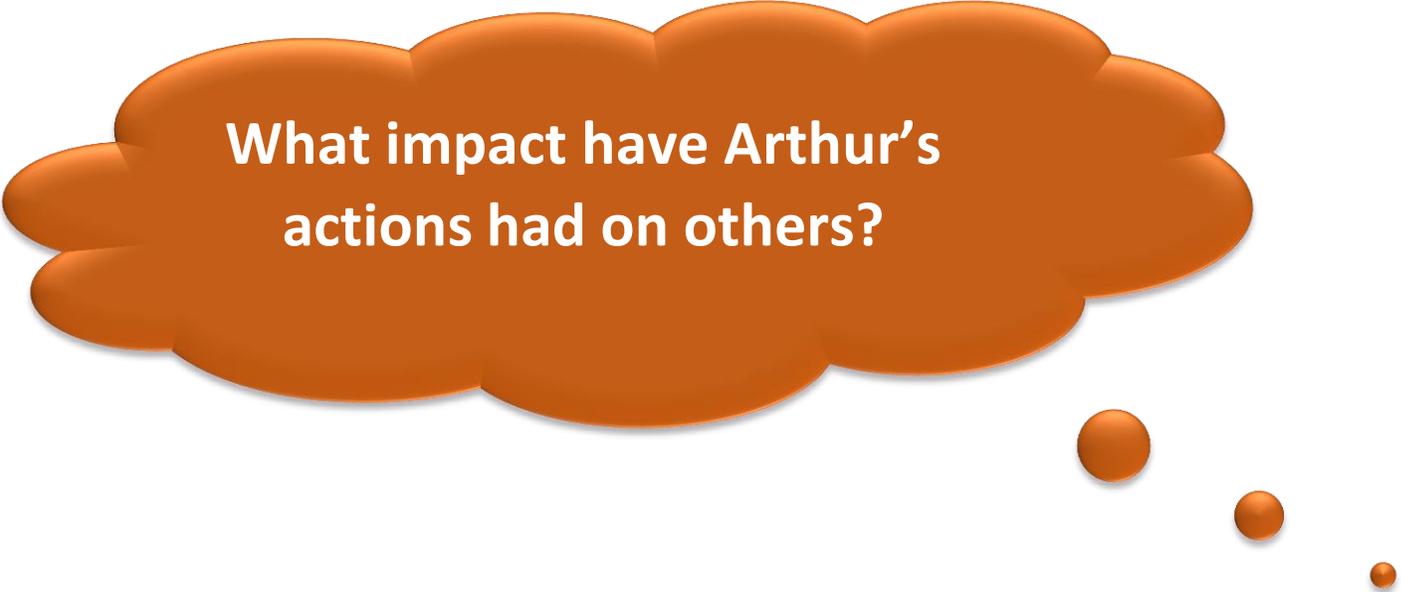
*Look at the resource below, which shares Arthur's experience of a day without any routine.*



**How do you think Arthur felt?  
Would you have enjoyed a day like this?  
What do you think it would have been  
like if nobody in school followed a  
routine?**

## Resource 2

*Look at the resource below, which shares Arthur's experience of a day without any routine.*



**What impact have Arthur's  
actions had on others?**

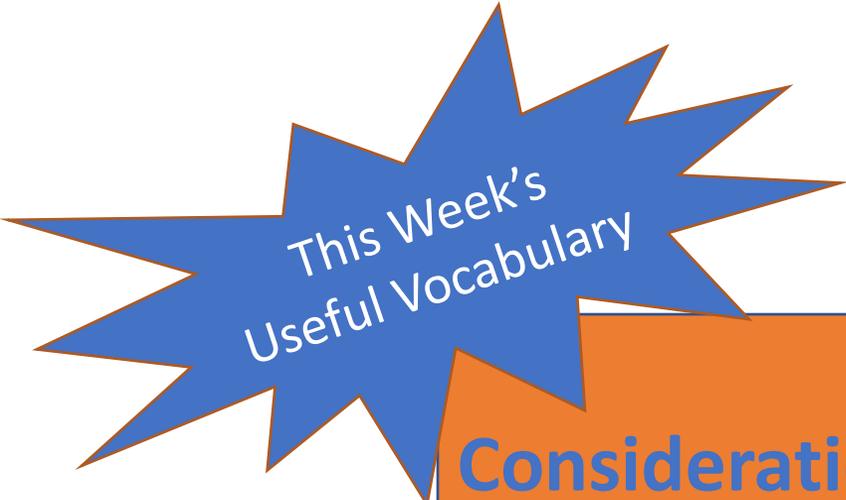
# Reflection

**For some of us, having a routine is important. It means we know what we are doing and what's happening at different times, others enjoy change and making sure each day is varied. We are all different and it's important for us to respect and show consideration for those around us.**

# British Values

## Individual Liberty

Some of us like routines, we like structure and consistency, others like to be more spontaneous and find changes in our days exciting!



This Week's  
Useful Vocabulary

**Consideration** – careful thought about something.

**Prior** – something that has already happened or must happen before another event can take place.

**Productive** – something or someone that is productive is able to produce or achieve a large amount.

**Routine** – a sequence of actions that are regularly followed.

**Varied** – something that consists of different types, elements, sizes or qualities.