BLOCK IT

Create one of these for yourself below following our example.

STUDY SUBJECTS FOR EXAMS (BLUE BOXES)

MATHS

ENGLISH

BIOLOGY

MODERN STUDIES TECH STUDIES

DRAMA

THINGS YOU ENJOY THAT SWALLOW TIME (RED BOXES)

SOCIAL MEDIA X-BOX

MESSAGING FRIENDS

TIK-TOK

20 MINUTE BRAIN BREAKS (GREEN BOXES)

TELL SOMEONE
ABOUT
YOUR DAY

GO AND GET A DRINK AND A SNACK

20 MINUTE
BEDROOM
OISCO

TRY SOME ORIGAMI

WALK AROUND THE BLOCK PLAY WITH A PET TRY A
20 MIN
MEDITATION

SING ALONG TO 3 FAV, SONGS

Get Set Yeti 2024

BLOCK IT

STUDY SUBJECTS FOR EXAMS (BLUE BOXES)

