

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

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

Alex, 11

Max, 16

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

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!