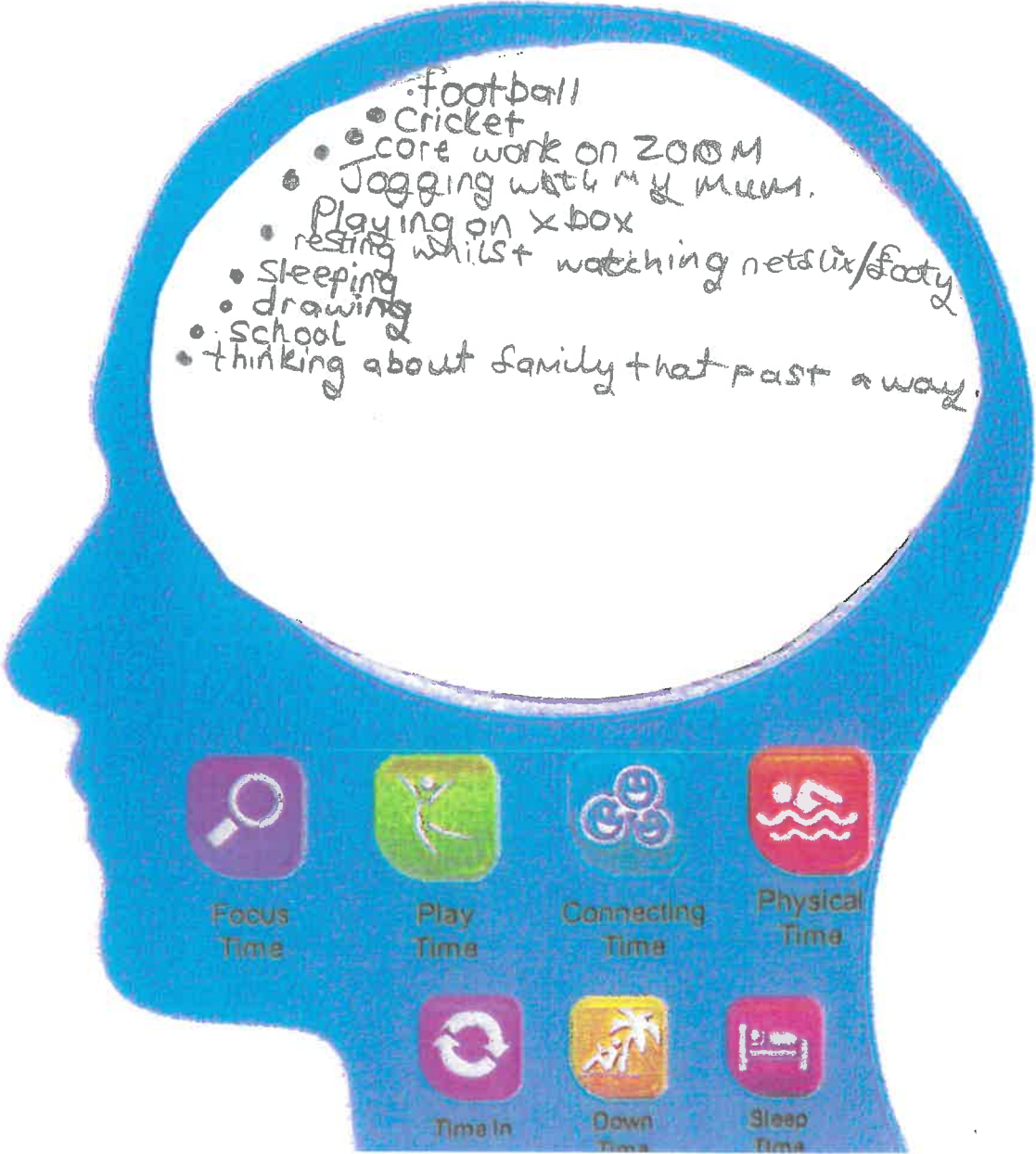


- 
- football
 - Cricket
 - core work on ZOOM
 - Jogging with my mum.
 - Playing on xbox
 - resting whilst watching netflix/footy
 - sleeping
 - drawing
 - school
 - thinking about family that past away.



Focus
Time



Play
Time



Connecting
Time



Physical
Time



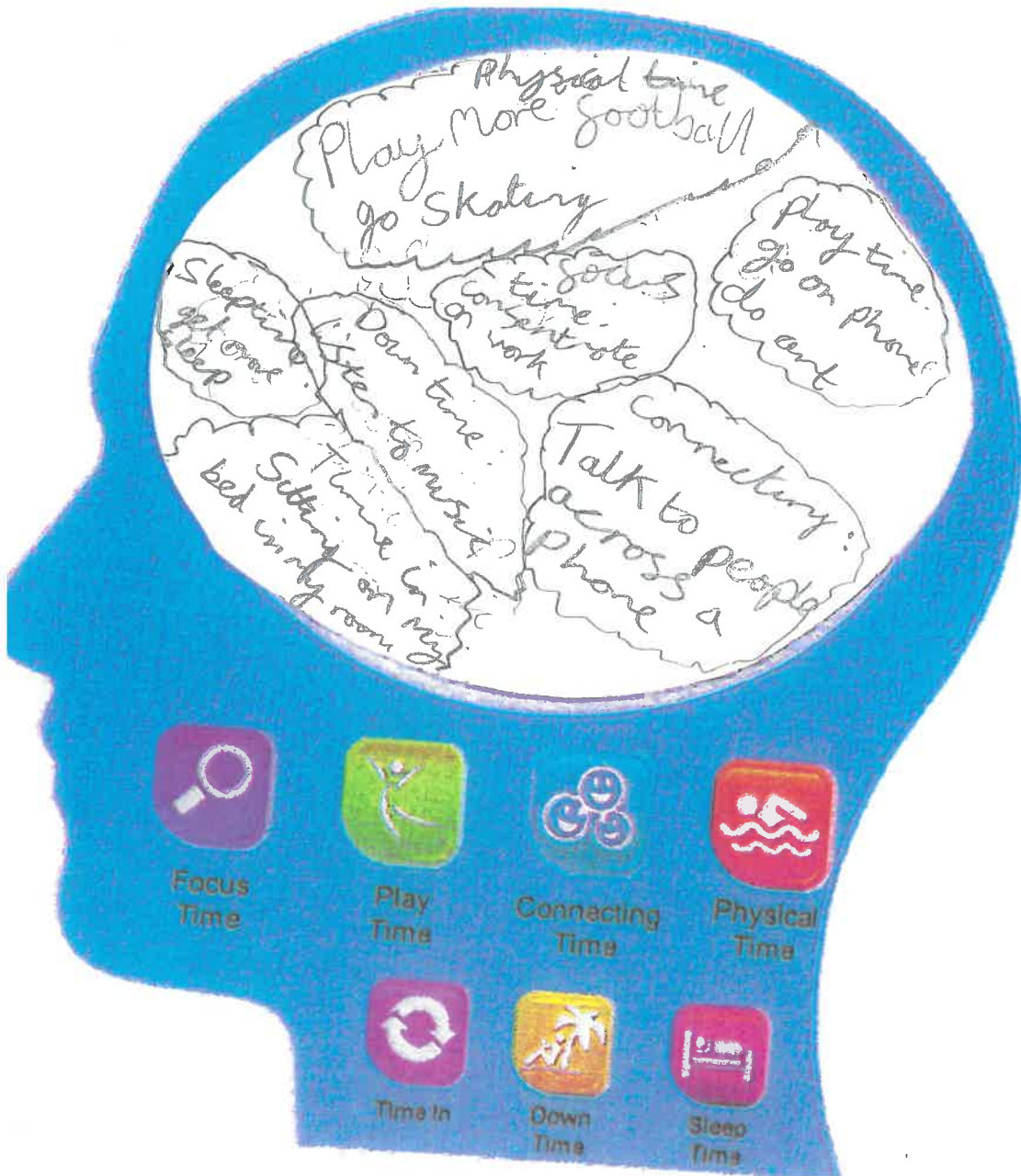
Time In

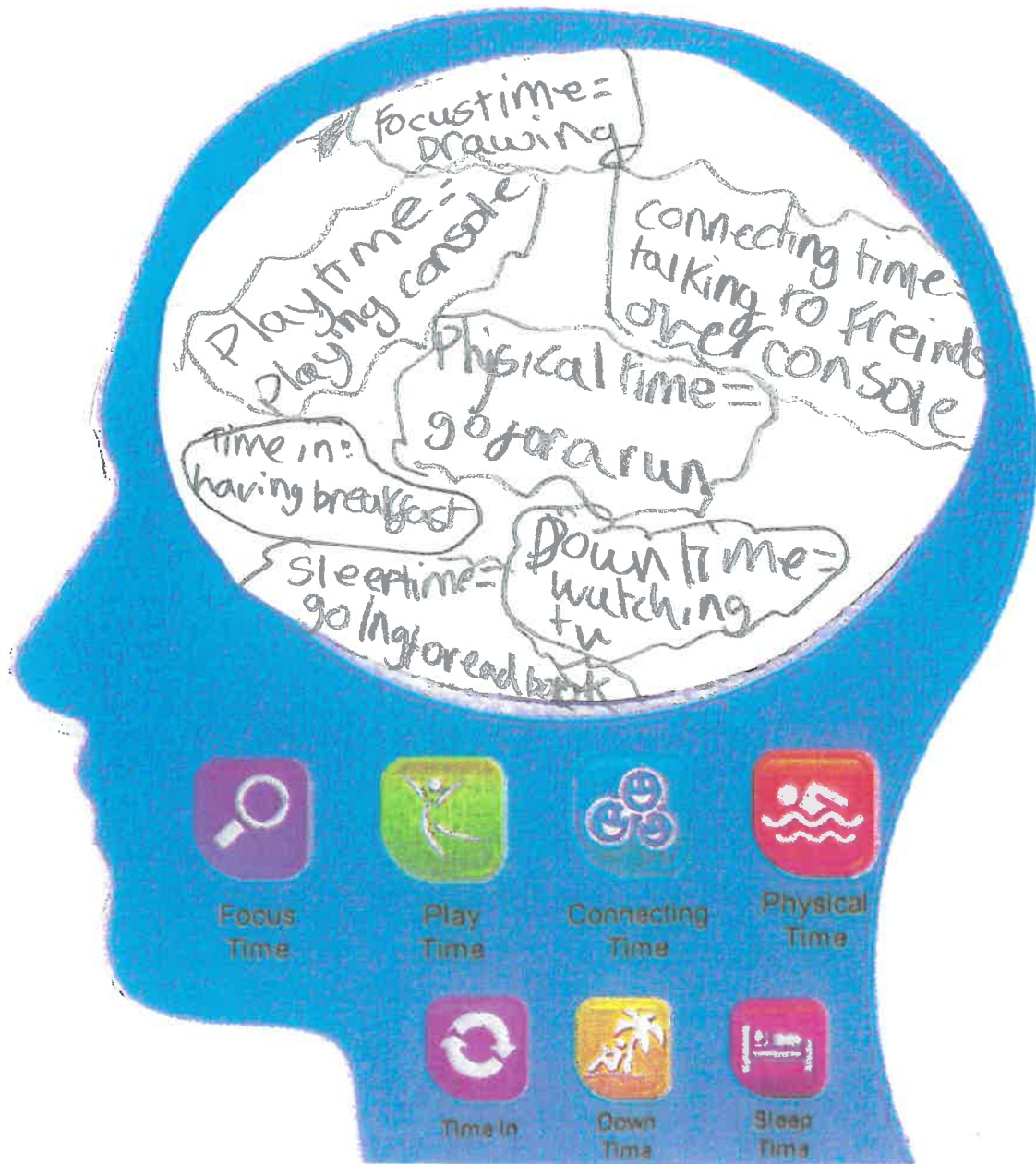


Down
Time



Sleep
Time





I would
get more sleep,
talk to people when you
need help. I would ride my
briks to the shop and back.
I would spen time with
my friends and family. I would
read to get things of my mind.
I would play with my brother so I
can be kind and nice. I would
closely focus on tasks I
need to work on.



Focus
Time



Play
Time



Connecting
Time



Physical
Time



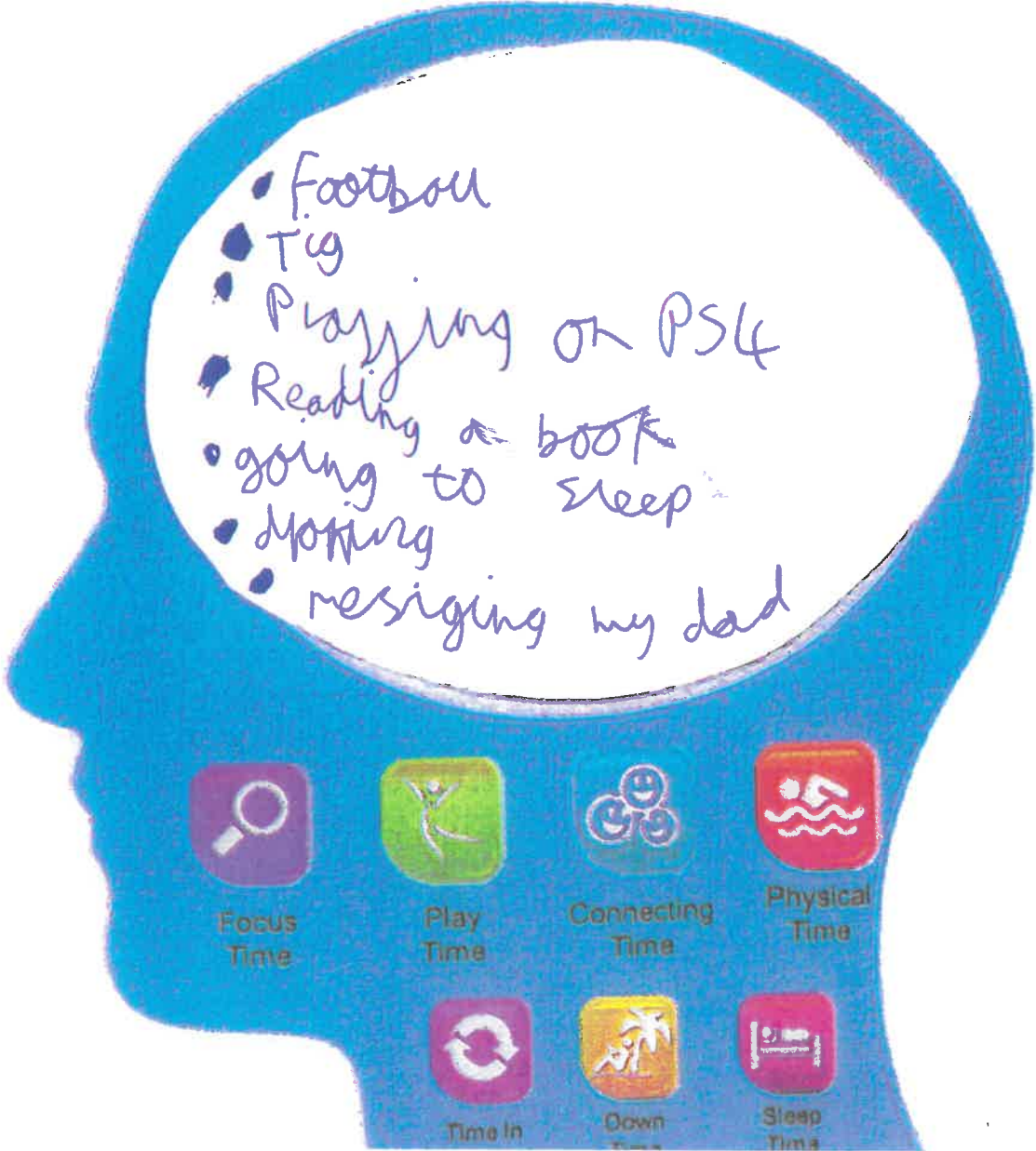
Time In



Down
Time



Sleep
Time

- 
- Football
 - Tig
 - Playing on PS4
 - Reading a book
 - going to sleep
 - Morning
 - Resigning my dad



Focus
Time



Play
Time



Connecting
Time



Physical
Time



Time In



Down
Time



Sleep
Time

