I can't do it yet! I can't do it yet! I can't do it yet!

Using the 40-10 Approach:

Work for forty minutes, then have a 10 minute break.
Stick to the 10 minutes by setting an alarm.
Build up your breaks e.g. extend 40 to 80 and get 20.

Key: Use this key to colour code your subjects on your 40-10 plan. Write your subjects on the line.

☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
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Half Term Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

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