

# Corona Contract

I, \_\_\_\_\_ agree to comply with the following rules while we are self-isolating at home/social distancing. My parents understand this is a challenging time and will support me at this time. I agree that:

- ✓ I will get washed, dressed, teeth brushed, hair brushed and breakfasted before 8:30 am on weekdays.
- ✓ I will complete all work set by my school each weekday. Larger pieces of project work can be completed over an agreed time period.
- ✓ I will carry out daily exercise outside. This will primarily be walking but can be other sport/activities as a family
- ✓ I will help with the housework each day
- ✓ As the weather warms up, I will help with garden work each day.
- ✓ I will spend 30 minutes a day reading
- ✓ I will listen to at least 2 podcasts each week. These will be chosen with my parent's help.
- ✓ I will make my lunch each day
- ✓ I will return mugs, glasses, plates and rubbish to the kitchen. I will put items in the dishwasher, or if the dishwasher is clean/on, I will put them next to the sink. The rubbish will be placed in the recycling/rubbish
- ✓ I will have social time with my family outside of mealtimes every day. This can include playing board or card games, Just Dance etc.
- ✓ I will share an activity with my sister each day that does not involve a computer. This could be baking, making something etc. It will be in the same room
- ✓ I will socialise with my friends online, not face to face. This will not be just messaging, but video calls using Facetime, Whats App etc. I will try to find activities we can do together while we are socialising.
- ✓ If I have tests or exams due, I will revise and prepare for these each weekday.
- ✓ I will create a timetable with my sister to include all of the above activities. This timetable will apply on weekdays only.

By signing below, I agree to complete the above activities, following the timetable I create with my sister. I will do this without moaning, delay or saying 'in a minute', unless I am already engaged in one of the above tasks. Once I have signed this contract, I will receive a prize. If I fail to complete the activities listed above, the prize will be removed. If the prize is removed and I continue to break this contract, I will lose my phone, iPad and TV watching privileges.

Signed: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_