

hi there!

Welcome to Your Journey of Empowering Learning Habits for Tweens and Teens!

I'm beyond excited that you've decided to take this step toward helping your tween or teen build strong learning habits and time management skills. As a busy mum, I know how precious your time is, and I'm here to support you with practical strategies that make a real difference.

Over the years, I've helped so many parents like you empower their tweens and teens to develop the self-discipline, confidence, and independence they need to thrive in school and beyond. I've seen firsthand the transformation that happens when families get the right support and resources, and that's why I created this guide—so you can feel confident about your child's growth and education.

Oh, and in case we haven't met before—Hi, I'm Rachel, the founder of Honey Learning! I'm passionate about helping parents like you navigate the rollercoaster of raising tweens and teens while supporting their holistic growth. With my experience in education and digital resources, I've dedicated my work to creating tools that inspire learning while respecting the unique needs of growing kids.

This guide is your first step toward understanding how to balance learning, time management, and personal development for your child—without the overwhelm. It's packed with actionable tips and easy-to-implement strategies that will help your tween or teen not only improve their study habits but also grow their confidence and self-motivation.

I'm so excited you're here, and I can't wait to see how these strategies empower your family!

Ready to see your tween or teen soar?



Rachel



**I regret
being
organised**

SAID NO TEEN EVER

HOW TO PUT TOGETHER YOUR STUDY TIMETABLE

Use a template

Make sure it has columns for days of the week (Monday to Sunday) and rows for different times of the day.

Start with your activities

List your subjects: Write down all the subjects you need to study, like Math, Science, English, etc.

Other activities: Don't forget to add other activities like sports, hobbies, or family time.

Fill in your timetable

School Hours:

First, fill in your school hours.

Study Time:

Choose a time to study each subject.

Homework Time:

Decide when you'll do your homework each day.

Breaks: Add short breaks between study times.

Fun Time:

Add time for fun activities and hobbies. Balance is important!

Make It Fun and Colorful

Colours: Use different colours for each subject or activity. This makes it easy to see what you have planned.

Review and Adjust

Check: Look at your timetable every day to see what's next.

Adjust: If something isn't working, change it. Maybe you need more time for a subject or a longer break.



STUDY TIMETABLE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00am							
7:30am		Leave for school	Leave for school	Leave for school	Leave for school	Leave for school	
8:00am							
8:30am							
9:00am							
9:30am							Soccer
10:00am							Soccer
10:30am							Soccer
11:00am							Soccer
11:30am							
12:00pm	Homework (floating)						
12:30pm	Homework (floating)						
1:00pm							
1:30pm							
2:00pm					Arrive home from school		
2:30pm							
3:00pm		Arrive home from school	Arrive home from school	Arrive home from school		Arrive home from school	
3:30pm			Tutoring				
4:00pm			Tutoring				
4:30pm		Homework					
5:00pm				Soccer training			
5:30pm		Homework	Homework	Soccer training	Homework	Homework	
6:00pm	Dinner	Dinner	Dinner	Soccer training	Dinner	Dinner	Dinner
6:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00pm							
7:30pm							
8:00pm	Unwind	Unwind	Unwind	Unwind	Unwind	Unwind	Unwind
8:30pm							
9:00pm							