

Weekly Program School for Life Chiang Mai - Schoolyear 2022_23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 a.m.	Getting up / Washing face & brushing teeth / Family House and Family Area Cleaning (on-duty students cook breakfast)						
06:30 a.m.	Do morning exercise and jogging / Organic Farming						
07:00 a.m.	Shower and Dress School Uniforms					Getting up	
07:30 a.m.	Go to School / Breakfast in Canteen						
08:00 a.m.	Flag & Morning Ceremony						
	Sing National Anthem Regional/Ethnic Languages	Meditation & Yoga Dance	News Reports by Students / Boom	Homeroom and health check English by volunteers	Meditation Brain based learning		
09:00 a.m.	School Lessons	School Lessons	School Lessons	School Lessons	School Lessons	Big Cleaning on the campus	Possibly for Church Visit
10:00 a.m.	Major	Major	Major	Major	Major		
11:00 a.m.	Subjects	Subjects	Subjects	Subjects	Subjects		
11:00 a.m.	on-duty students cook lunch						
12:00 a.m.	Lunch in Canteen						
	<i>1st Term</i>					<i>All Terms</i>	
01:00 p.m.	School Lessons	School Lessons	School Lessons	School Lessons	School Lesson	e.g. Careful House & House Area Cleaning, Laundry	e.g. Excursion to Places in the Surrounding
02:00 p.m.	Problem based	Problem based	Club Activities	Problem based	Problem based		
03:00 p.m.	Learning	Learning	Gardening, bamboo, coffee traditional dance, etc	Learning	Learning		
04:00 p.m.							
	<i>only M1-M3</i>						
	<i>2nd Term</i>						
01:00 p.m.	Hotel	School Lessons	School Lessons	School Lessons	School Lessons		e.g. Visit Museum. Zoo or Other Places
02:00 p.m.	Management	Problem based	Boys/Girls	Problem based	Organic		
03:00 p.m.	Project (M1-3)	Learning	Scouts	Learning	Gardening		
04:00 p.m.	Free time / Sports' Activities (on-duty students cook dinner) Sports / Farming / Free time / Shower					Reading, Watching TV, Dancing, Gardening Around Family House	
06:00 p.m.	Dinner in Canteen						
07:00 p.m.	Individual Tutoring / Homework / Self Study / House Work						Individual or
07:30 p.m.					Cinema in Assembly Hall		
08:00 p.m.	Prayer / Meditation / Ready for going to bed						Group Activities
10:00 p.m.	Going to Bed						

Problem based learning orientated to seven Centres of Excellence and to School Projects - Centres of Excellence are: Body & Soul, Cultural Heritage & Development, Technology & Ecology, Cultural Sensitive Tourism, International Communication, Nutrition & Health, Organic Farming