

Your Deschooling Weeks

For the learner — what to do with all this time, and how to work out what you actually want from it.
You've just left school. The best thing you can do right now might not look like schoolwork at all.

Right now there are no lessons and no timetable. No one is going to hand you a list of what to study. That isn't a mistake — it's the point. This stretch of time has a name: **deschooling**. It's a chance to shake off school and remember that you're allowed to be interested in things, and that you actually like knowing stuff.

Your only job for now is to be curious. Follow what interests you and see where it goes. This sheet gives you some ideas to start with, then a couple of pages to help you notice what you really want out of all this.

THINGS YOU COULD DO

Go down a rabbit hole

Pick something you're curious about and find out everything you can. A person, a place, an idea, a game, a skill. No limits, no finish line.

Make something

Draw, build, write, film, design, cook, code. Make something that didn't exist this morning.

Get out of the house

A museum, gallery, park, market, or a long walk somewhere new. Learning doesn't only happen at a desk.

Try something new

A new app, recipe, instrument, sport, or piece of software. You're experimenting — it doesn't have to lead anywhere.

Read what you actually want

Not what's on a list. Comics, fan-fiction, manuals, novels — whatever pulls you in. It all counts.

Do nothing, on purpose

Rest is allowed. Being bored is where a lot of good ideas start. You don't have to fill every hour.

At the end of each week, stop and think about what you did. What did you enjoy, and why? Did anything make you want to go further? Working out why you spend your time the way you do is one of the most useful skills there is.

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continued...

WHAT DO YOU ACTUALLY WANT?

No lessons doesn't mean no direction — it means you get a say in it. There are no wrong answers here, and nothing you write is a promise. This is just for you (and whoever's helping you learn) to look at. Fill in what you can; add more as things occur to you.

1 Something I've always wanted to learn, make, or get good at:

2 Something I wish I understood better. Pick it because you'd like to — not because you think you "should":

3 Something I love doing that never feels like work:

4 If I could spend a whole day learning about one thing, it would be:

5 Something I used to enjoy but stopped — and might want to pick back up:

6 I learn best when... (circle any that fit — or add your own)

- on my own
- with someone there
- in short bursts
- in long stretches
- by doing it
- by reading
- by watching
- by talking it through
- by making a mess and fixing it

There's no rush. Some of these might be blank today and obvious next month — that's normal.

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continued...

WHAT I GOT INTO

Over the next few weeks, jot down what you actually ended up doing — what you looked up, made, watched, or couldn't stop thinking about. Don't force it; just notice. There are no marks and no minimum. Later, this becomes a map of what to learn next.

WEEK 1-2

WEEK 3-4

MONTH 2

MONTH 3

MONTH 4-5

MONTH 6+

THINGS TO FOLLOW UP / WHAT I NOTICED

Come back to page 2 in a month or two. Did what you got into match what you thought you wanted? Both answers tell you something useful.

FOR THE PARENT

This log doubles as your own record of the deschooling period — a plain description of how your child is learning right now. For younger children, fill it in together or on their behalf. The interests, questions and things they keep returning to are the beginning of your curriculum. For what home-ed law currently asks of you, see our up-to-date legal guide at <https://kitchentableschool.co.uk/changes-to-uk-home-education-law-what-the-2026-law-actually-means/>.