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| Time | Suggested activity | Ideas… |
| Before 9am | Wake up | Eat breakfast, make breakfast, make your bed, brush your teeth for 2 minuets, get dressed |
| 9.00am – 10.00am | Morning walk / be active | Family walk, take the dog out, outside games, Yoga (cosmic kids on YouTube) |
| 10.00am – 11.00am | Academic time | School packs, online videos, reading.  Check school website – class pages for any updates and further links. |
| 11.00am – 12.00pm | Creative time | Drawing, painting, learn to cook, prepare lunch, sew, crafts |
| 12.00pm | Lunch |  |
| 12.30pm | Chores | Create a list of 12 household jobs that could be randomly selected? |
| 1.00pm – 1.30pm | Quite time | Reading, puzzles, nap |
| 1.30pm – 2.30pm | Academic time | School packs, online videos, reading.  Check school website – class pages for any updates and further links. |
| 2.30pm – 3.30 | Outdoor / Fresh air | Play in the garden, go for a minibeast hunt, tally chart items you find (flowers, cars, birds). Make mud pies, plant some flowers or vegetables. Grow cress and monitor at the same time each day! Keep a diary? |
| 3.30pm – 4.30pm | Free Time |  |
| 4.30pm – 5.00pm | Chores | Help prepare dinner, learn to cook, set the dinner table |
| 5.00pm – 6.00pm | Dinner |  |
| 6.00pm – 8.00pm | Free time / TV | Bath/shower, brush teeth, watch your favourite show, play family games.  Read a story before bed. |