


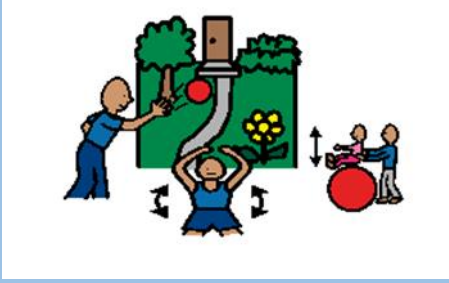


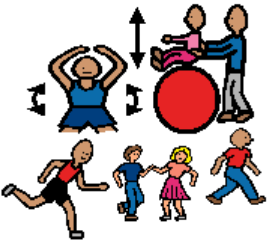


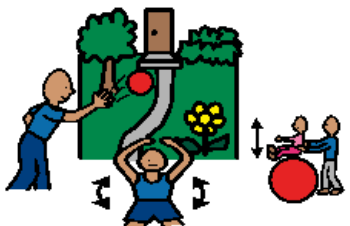


# Suggested daily routine

You can use this as guide to help with daily routine. Feel free to change activity times around to suit your child. Print it off and display it for your child to see. If you need us to send you a copy, please let us know.

| Time          | Suggested activity | Ideas   | Ideas  |
|---------------|--------------------|---|--|
| Before 9.00am | Wake up            |   | Eat breakfast, make your own breakfast<br>Free play<br>Dressed / brush teeth<br>Make bed<br>Help with laundry/folding clothes                |
| 9.00-10.00am  | Exercise Time      |  | Yoga, dancing, wake & shake<br>Try Joe Wicks - Body Coach on YouTube<br>Morning walk with family and pet                                     |
| 10.00–11.00am | Learning Time      |  | School work-<br>Reading followed by learning activities from the pack or websites supplied by school<br>See school website for ideas as well |

|                              |                      |  |   |
|------------------------------|----------------------|--|---|
| <p>11.00 – 11.20am</p>       | <p>Break time</p>    |   | <p>Healthy snack<br/>Play outside<br/>Play a board game inside</p>                                |
| <p>11.20am –<br/>12.00pm</p> | <p>Creative Time</p> |   | <p>Lego, colouring, painting, craft,<br/>singing, music, baking, chalks<br/>inside or outside</p> |
| <p>12.00 – 12.30pm</p>       | <p>Lunch/Relax</p>   |  | <p>Make lunch together<br/>Relax, free play</p>   |

|                       |   |   |   |
|-----------------------|---|---|---|
| <p>12.30 - 1:00pm</p> | <p>Exercise/<br/>Outdoors or<br/>Chores</p> |    | <p>Walk, park/bikes, beach<br/>Garden: sand, mud kitchen,<br/>trampoline etc.<br/>Create a list of 12 household jobs.<br/>Roll two dice and whatever<br/>number it makes, do that chore<br/>first</p>   |
| <p>1:00 – 2:00pm</p>  | <p>Learning Time</p>                        |    | <p>School work-<br/>Reading followed by learning<br/>activities from the pack or<br/>websites supplied by school<br/>See school website for ideas as<br/>well</p>   |
| <p>2:00 - 3:00pm</p>  | <p>Quiet Time</p>                           |  | <p>Reading, puzzles, games<br/><br/>Choice – choose an activity</p>   |
| <p>3:00 – 4:15pm</p>  | <p>Fresh Air</p>                            |  | <p>Outdoor play e.g. free play, games<br/>outside, minibeast hunt, do a tally<br/>chart – how, many of each have<br/>we seen, make mud pies, plant<br/>flowers or vegetables indoors or<br/>outdoors and monitor growth<br/>Exercise indoors.</p> |

4:15 – 4.45pm

Free Time



Watching TV programmes, tablet for educational games/pleasure, choose what you would like to do