

Suggested Daily Routine

We have included a timetable that could be used as a guide to help with the routine of the day.

| Time | Suggested activity | Ideas... |
|---------------|------------------------|--|
| Before 9.00am | Wake up | Eat breakfast, make your own breakfast, make your own bed, brush teeth for 2 minutes, help with laundry /folding clothes. |
| 9.00-10.00am | Morning Walk | Family walk. If you have a dog, take it outside for games. If it is raining try some yoga (yoga videos available on YouTube). |
| 10.00-11.00am | Academic Time | Online videos, reading. Check EvidenceMe / school website for updates. |
| 11.00-12.00 | Creative Time | Drawing, painting, chalks outside / inside, crafts (check Pinterest for craft ideas), learn to cook and bake, sew, make mud pies. |
| 12.00pm | Lunch | |
| 12.30pm | Chores | Create a list of 12 household jobs. Roll a two dice and whatever number it makes tackle that household job first. |
| 1.00-2.30pm | Quiet time | Reading, puzzles nap. |
| 2.30-3.30 | Academic Time | Online videos, reading. Check EvidenceMe / school website for updates. |
| 3.30-4.30 | | Outdoor / fresh air Play in the garden, go for a minibeast hunt, tally chart items that you find (flowers, birds, cars, vans etc). Make mud pies, plant some flowers or vegetables. Grow cress and monitor it at the same time each day! |
| 4.30-5.00 | Free time | |
| 5.00-6.00 | Dinner | |
| 6.00-8.00 | | Free time / TV Bath/shower, brush teeth, watch your favourite tv shows or quiz shows. Play family games such as charades, board games etc |
| 8.00 | Bedtime story/bed-time | |

