




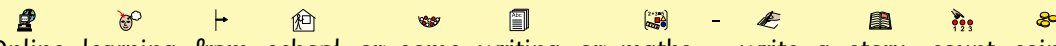















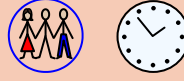






Timetable for the day!

 Wake up!	 Have breakfast, have a wash, get dressed.
 9am	 Online learning from school or a craft activity (cutting and sticking, painting, baking)
 10am	 Online learning from school or some writing or maths - write a story, count coins!
 11am	 Get active! Play in the garden or do an exercise video on YouTube.
 12pm	 Lunchtime!
 1pm	 Help about the house - help tidy up, hoover, wash up
 2pm	 Quiet time - do something calm like reading or colouring
 3pm	 Online learning from school or be creative - make some music, design an outfit.
 4pm	 Have some free time
 5pm	 Dinner time - help to prepare dinner!
 6pm	 Family time
 7pm	 Get ready for bed - have a bath get pyjamas, get ready



Timetable for the day!

 First!	 Wake up! Get dressed
 Next	 Creative activities for 45 minutes
Then	 Exercise for 45 minutes
 Lunchtime!	 Have some lunch!
 Next	 Lunchtime!
Then	 Have some downtime.
 Next	 Academic learning for 45 minutes
 After that	 Help out around the house
 Free time!	 Relax, do something fun.
 Next	 Have dinner
Then	 Contact friends and family - phone, FaceTime, email
 Free time!	 Read a book, do something relaxing!
 Bed time!	 Get ready for bed.