----- Home Timetable

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| Time (approx.) | Task | Ideas |
| Before 9am | Get up and get ready for day  | Get dressed Brush teeth Have breakfast Get resources ready for day. |
| 9-9-30am | Morning Fresh Air |  Short Walk, Out on bike or /scooter, take dog out  |
| 9.30-10.30am | Learning Time | Home Learning Pack, |
| 10.30-10.45am | Snack and break  | Fresh air , drink , a break from screens |
| 10.45-11.45 | Creative Time | Lego, Minecraft, drawing, craft activity, listen or play music |
| 11.45-1pm | Lunch and household helping | Lunch break with fresh air and help around the house with a task the adults choose e.g. tidy the dishes, bring washing down |
| 1-2pm | Learning Time |  Home Learning Pack, Sumdog, Cool Maths  |
| 2-3pm | Quiet Time | Reading, listening to quiet music, websites research, jigsaws, puzzles |
| 3-4pm | Free Time | Exercise, Screen time , Music, Include outdoor time if possible. |
| 4-5.30pm |
| 5-30pm until bedtime | Dinner time and family time | Include helping around the house, another small task of your choice and shower / wash before bed. Brush your teeth. |

These are suggestions- make the times to and tasks to suit your likes.

Please remember to take screen breaks and hydrate regularly throughout the day.

Find ways to exercise even indoors.

Fresh air and daylight are important.

Try to keep a healthy sleep pattern .