**A Guide to Learning at Home**

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| Before 9am | MORNING ROUTINE | Have breakfast, get dressed, make bed, tidy bedroom |
| 9am – 10am | SCHOOL WORK | Google Classroom Activities or..Write a daily diary about what is happening and how you are feeling?Draw a picture of what you see outsideRead a book for 20 mins Do a puzzle etc |
| 10 – 11am | FREE TIME | Go for a walk (if you are allowed)Chat with your friendsPlay outside (but not near too many people)  |
| 11 – 12pm | SCHOOL WORK | Check out suggested school websites eg Sumdog, Education City, Newsround, BBC Bitesize or some music with CharangaGoogle Classroom Activities |
| 12 – 1pm | LUNCH | Make your own lunch, have a break |
| 1 – 2pm | QUIET TIME | Remember to tag us on our Twitter page @FernieleaSchool so that we can see all the great things you are up to!Have some quiet time. Read a book, do some mindfulness exercises, play with your pet |
| 2 – 3pm | KEEPING ACTIVE | Do some exercise, look on Youtube for kids exercise, cosmic yoga, Zumba, Body Coach for Kids… |
| 3 – 4pm | FREE TIME | Have fun! Chill out doing something you enjoy |
| 4 – 5pm | TEA TIME | Help out making the tea, tidy the house |

We’d love to see all the things you’ll be doing during the day so please either tag us on Twitter @FernieleaSchool or email photos to Mrs Walker (LiWalker@aberdeencity.gov.uk), Mrs Fjellroth (TFjellroth@aberdeencity.gov.uk)

REMEMBER TO KEEP WASHING THOSE HANDS!