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| **Time** | **Activity** | **Looks like** | **Activity ideas** |
| Before 9am | Wake up |  | * Have breakfast * Get dressed * Brush your teeth * Make your bed |
| 9am-10am | Exercise Time |  | * If possible- morning walk or indoor exercise * Try PE with Joe Wicks or Yoga * See Health and Wellbeing activities on Learning Grid |
| 10am-11am | Learning Time |  | * Try to do some schoolwork and learning activities * Reading * Sharing a book |
| 11-12pm | Creative Time |  | * Lego * Drawing * Colouring * Crafts * Singing/dancing * Music * Cooking/baking together * See Other activities on Learning Grid |
| 12pm-1pm | Lunch/Relax |  | * Help make lunch * Eat lunch * Have some ‘Electronics Time’ (iPad/tablet/computer/games console). * Relax! |
| 1pm-1:30pm | Exercise Time |  | * See Health and Wellbeing activities on Learning Grid * Joe Wicks * Go Noodle * Just Dance * Outdoor exercises (if possible) * Daily Walk (if possible) |
| 1:30pm-2:30pm | Learning Time |  | * Try to do some schoolwork and learning activities * Reading * Sharing a book |
| 2:30pm-3pm | Quiet Time |  | * Relax with a book * Watch TV * Play a board game * See Health and Wellbeing or Other activities on Learning Grid |
| 3pm-4pm | Play |  | * Outdoor play (if possible) * Indoor play * Play with a sibling * Play with toys |
| 4pm-5pm | Free Time |  | * Family Time * Chat with friends * Electronics Time * Watch TV * Play a game * Read * Listen to Music |
| 5pm-6pm | Tea Time/Free Time |  | * Help make tea * Help tidy/do a chore * Have tea and relax for the evening/prepare for bed. |