|  |  |  |  |
| --- | --- | --- | --- |
| **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.
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