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Dear Parents, this one is for you if you wish to use it. I hope it helps!

Mrs Fitzpatrick

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| **Time** | **Task for children** | **Instructions for children** |
| Before 9.00 | Wake up | Eat your breakfast, make your bed, get washed and dressed. |
| 9.00 – 10.00 | Morning exercise | Yoga, play in the garden (if possible), go for a walk if you are permitted. |
| 10.00 – 12.00 | Academic time | NO ELECTRONICS  Complete one or two tasks from your home learning pack |
| 11.00 – 12.00 | Creative time | Draw a picture, paint, craft, play music, cook or bake |
| 12.00 | Lunch | Remember to put away/wash the dishes |
| 12.30 | Chore time | Wipe tables and chairs  Wipe all door handles, light switches and surfaces  Wipe bathroom sink and bath  Any other chore given by parents |
| 1.00 – 2.30 | Quiet time | Read, do a puzzle, nap |
| 2.30 – 4.00 | Academic Time | ELECTRONICS OK  Sumdog, Language Nut, Glow  Other educational games/puzzles  School website activities/Shared Learning Grids |
| 4.00 – 5.00 | Afternoon exercise | Yoga, play in the garden (if possible), go for a walk if you are permitted. |
| 5.00 – 6.00 | Dinner | Set the table  Clear the table and wash dishes |
| 6.00 – 8.00 | Free TV time |  |
| 8.00 | Bedtime | Shower and bed – don’t forget to brush your teeth |
| 9.00 | Bedtime  *For those children who follow the daily schedule and show good behaviour* | Shower and bed – don’t forget to brush your teeth |

xxx