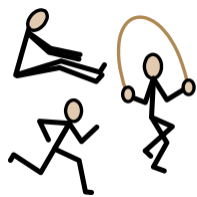


## Morning Schedule



Wake up!

Eat breakfast, make bed, get ready for the day.



Exercise

Family walk, play in the garden or Cosmic Yoga online



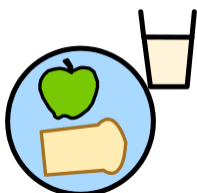
Work Time

No electronics at this time. Use activities provided by school.



Creative Time

Lego, drawing, crafting, play music, cook or bake



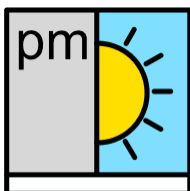
Lunch

Encourage your children to help prepare or tidy up



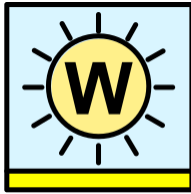
Jobs Time

Give your child a simple household task



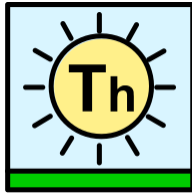
## Afternoon Schedule

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|  <p>Quiet Time</p>  | <p>Colouring, reading or a jigsaw on their own. Try to enjoy a coffee in peace!</p>   |
|  <p>Work Time</p>   | <p>Give your child access to a tablet/phone/computer to support their learning.</p>   |
|  <p>Exercise</p>   | <p>Family walk, play in the garden or Comsic Yoga online</p>                          |
|  <p>Dinner</p>    | <p>Encourage your child to sit with you and help prepare or tidy up</p>               |
|  <p>Free Time</p> | <p>Time for your child to play or watch TV. Hopefully some free time for you too!</p> |
|  <p>Bed Time</p>  | <p>Consider a later bedtime as a reward for following the schedule</p>                |



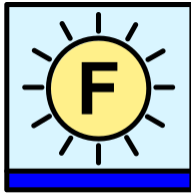
Wednesday

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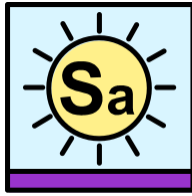
Thursday

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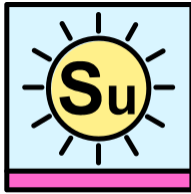
Friday

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