

choose activities from the exercise chart.

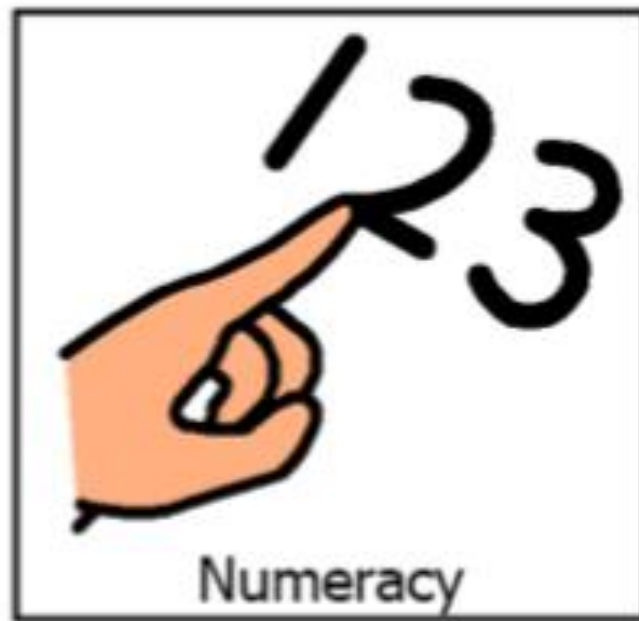
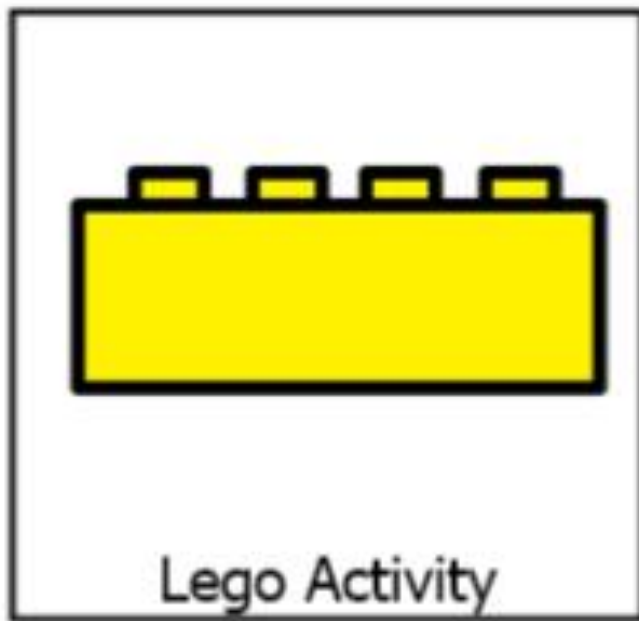
read a book alone or to someone.

choose a literacy activity from the chart.

chore can be chosen from the chore list.

Complete this with an adult. Where possible adult gives instruction and child prepares





choose activities from the exercise chart.

choose an activity from the lego sheet.

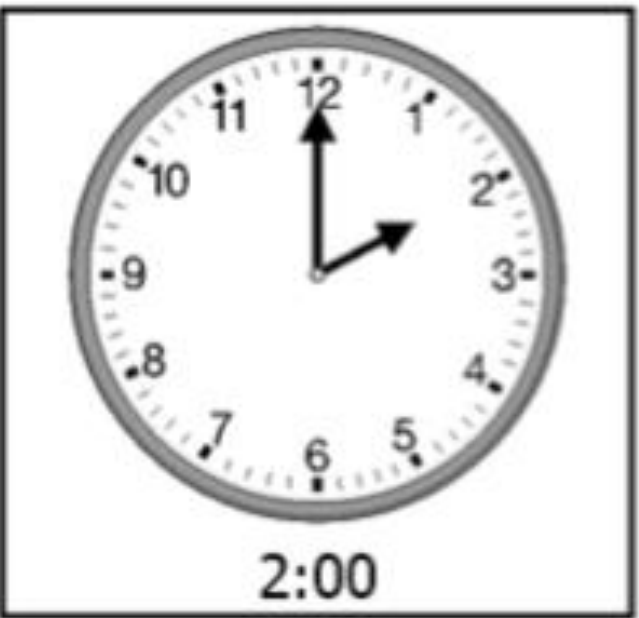
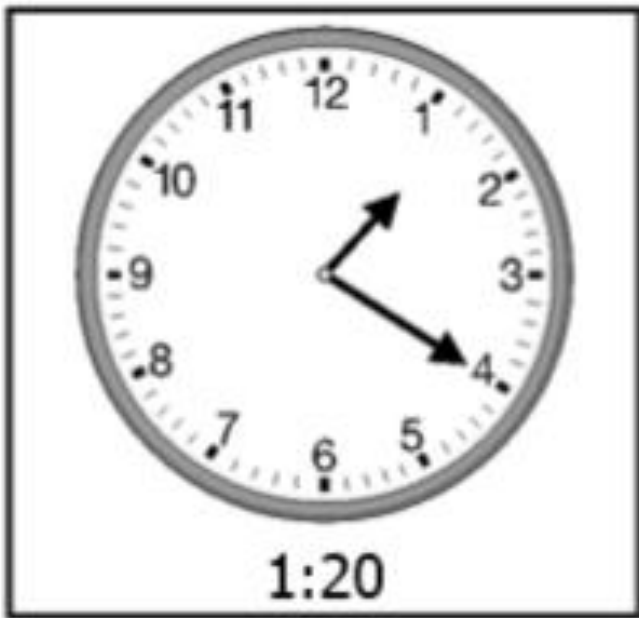
choose a numeracy activity from the chart.

chore can be chosen from the chore list.

Where possible adult gives instruction and child prepares snack.







choose activities from the exercise chart.

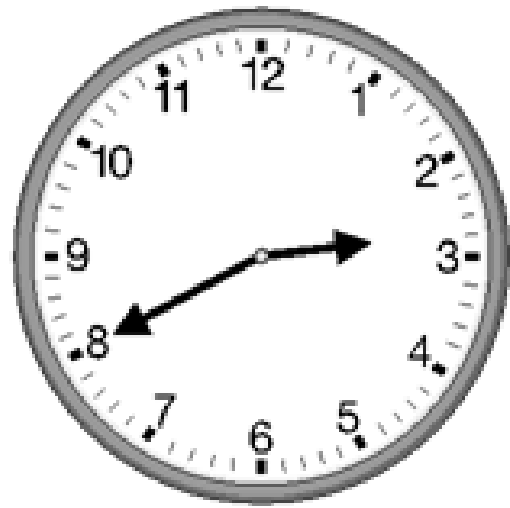
choose an activity from the art sheet.

choose an activity from the research chart.

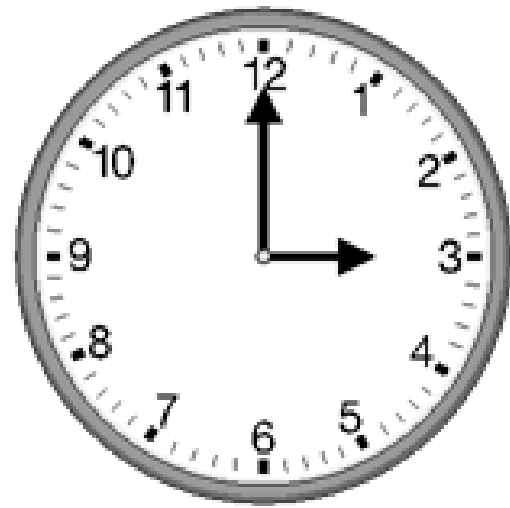
choose an activity from chart.

Use this time for teaching about boundaries and rules as well as coping with losing games.

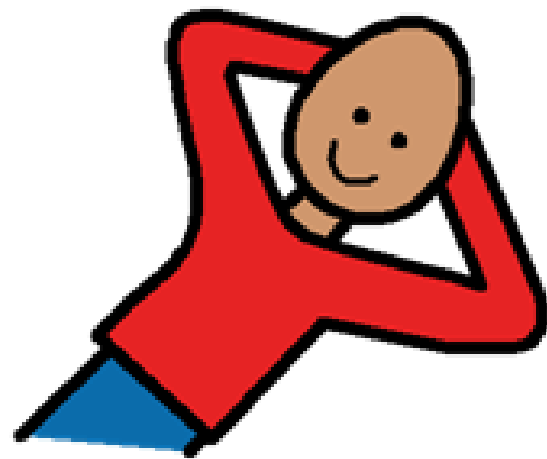




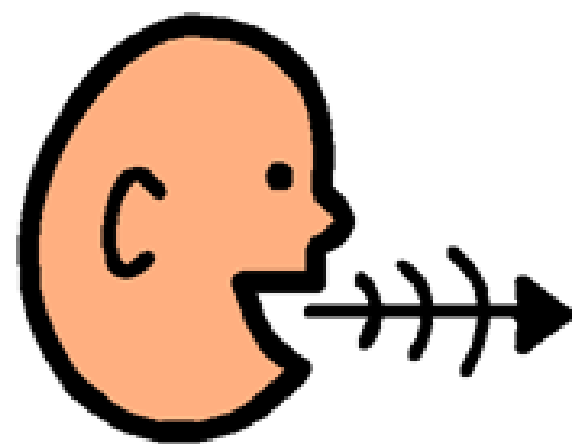
2:40



3:00



relaxation activity



tell someone

choose activities from the relaxation chart.

call or text or email or tweet to share something you have liked about today.

