

Daily Schedule for Children and Young People

Some families find it helpful to have a daily schedule. Here is one example of a daily schedule, which can easily be adapted.

Time	Activity	Description
9am-9.30am	MOVEMENT TIME	e.g. online yoga, dance class, or PE activity such as Joe Wicks online PE class
9.30-10.30	FOCUSED LEARNING TIME	Age appropriate numeracy/literacy or other learning activities either using tasks set by your child's school or your own activities
10.30- 11am	BREAK	Snack and free choice time
11am-12pm	CREATIVE TIME	Cooking, baking, drawing, painting, construction, crafting etc
12-1pm	BREAK	Lunch and house tasks
1-2pm	MOVEMENT AND WELLBEING TIME	If possible, get some fresh air or do some movement in the home. e.g. online yoga, relaxation activities, mindfulness etc
2-3pm	FOCUSED LEARNING TIME	Age appropriate learning activity e.g. educational games, online activities, science activities, virtual museum tours etc.
3pm-5pm	FREE TIME/QUIET TIME	Free time/own choice Free play/reading/music
5-6pm	BREAK	Dinner and house tasks
Until bedtime	CONNECTION TIME	Catch up with family, chat, play games, relax