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|  | 9:00am – 10:00am | 10:00am –11:00am  | 11:00am – 12:00pm | 12:00pm – 1:00pm | 1:00pm-2:00pm | 2:00pm-3:00pm | 3:00pm-4:00pm | 4:00pm-5:00pm | 5:00pm-6:00pm |
| Mon | Breakfast and P.E with Joe Wicks  | Lesson 1 -  | Daily Exercise(Walk with family) | Lunchtime + Home help task (Tidy bedroom) | Act of Kindness – Phone Person 1 | Lesson 2  | Lesson 3 | Free Time | Free Time |
| Tues | Breakfast and Comic Kids Yoga* Moana
 | Act of Kindness – Write letter to Person 2 | Home Help Task – (Do the hoovering) | Lunch Time | Free Time | Lesson 1 | Lesson 2 | Lesson 3 | Daily Exercise - Play out in back garden |
| Wed | Breakfast and Jumpstart Johnny on Youtube | Lesson 1 -  | Lesson 2 | Lunch + Home help task – (Help make lunch) | Daily Exercise | Free Time | Free Time | Act of Kindness – Create a compliments list for person 3 | Lesson 3 |
|  | 9:00am – 10:00am | 10:00am –11:00am  | 11:00am – 12:00pm | 12:00pm – 1:00pm | 1:00pm-2:00pm | 2:00pm-3:00pm | 3:00pm-4:00pm | 4:00pm-5:00pm | 5:00pm-6:00pm |
| Thurs | Breakfast and Renfrewshire Leisure – P.E Lesson | Lesson 1 | Break (Snack) + Free Time | Lesson 2 | Lunch +(Watch Newsround) +House task – Wash dishes | Lesson3 | Free Time | Daily Exercise | Act of Kindness - Video call person 4 |
| Fri | Breakfast and Dance with Oti Mabuse & Marius Iepure “The Greatest Showman” | Lesson 3 | Lesson 2 | Lunch + House Task – Hang out/up the washing | Daily Exercise | Lesson 1 | Random Act of Kindness – Make a video on i-Movie for someone | Free Time | Free Time |

