|  |  |  |  |
| --- | --- | --- | --- |
| **Time** | **Activity** | **Do I Need Help?** | **What We/I Might Do** |
| 8:30am – 9am | Morning Routine | I can do this by myselfI can do this with a siblingI need adult support | * Have breakfast
* Get washed
* Get dressed
* Brushed teeth
* Make your bed
* Tidy your room
 |
| 9am – 10 am | Exercise Time | I can do this by myselfI can do this with a siblingI need adult support | * Scooter or bike ride
* Walk round the block
* Indoor exercise – The Body Coach PE Workout
* Sensory activities, cosmic yoga, Zen Den
* Jacks, running on spot/up and down stairs, squats…
* Exercise ideas – see separate page
 |
| 10am – 11am | Time to work | I can do this by myselfI can do this with a siblingI need adult support | **No Electronics (unless required for schoolwork)*** School work packs
* Numeracy, Writing/Reading- independently/shared
* *Include brain breaks and snack to chunk focus time*
 |
| 11am – 12pm | Creative Time | I can do this by myselfI can do this with a siblingI need adult support | * Lego, drawing, colouring
* crafting, singing, music
* cooking/baking together
* jigsaw, puzzles, junk modelling
* clay/playdoh/plasticine
* Help prepare lunch
 |
| 12pm – 1pm | Lunch/Free play | I can do this by myselfI can do this with a siblingI need adult support | * Controlled Electronics
* Ipads/Kindle/tablets/computers/consoles
 |

**Daily Routine / Schedule – Primary Example**

|  |  |  |  |
| --- | --- | --- | --- |
| **Time** | **Activity** | **Do I Need Help?** | **What We/I Might Do** |
| 8:30am – 9:00am | Morning Routine | I can do this by myselfI can do this with a siblingI need adult support | * Have breakfast
* Get washed
* Get dressed
* Brushed teeth
* Make your bed
* Tidy your room
 |
| 9:00am – 10:00am | Exercise Time | I can do this by myselfI can do this with a siblingI need adult support | * Scooter or bike ride
* Walk round the block
* Indoor exercise – The Body Coach PE Workout
* Sensory activities, cosmic yoga, Zen Den
* Jacks, running on spot/up and down stairs, squats…
* Exercise ideas – see separate page
 |
| 10:00am – 11:00am | Time to work | I can do this by myselfI can do this with a siblingI need adult support | **No Electronics (unless required for schoolwork)*** School work packs
* Numeracy, Writing/Reading- independently/shared
* *Include brain breaks and snack to chunk focus time*
 |
| 11:00am – 12:00pm | Creative Time | I can do this by myselfI can do this with a siblingI need adult support | * Lego, drawing, colouring
* crafting, singing, music
* cooking/baking together
* jigsaw, puzzles, junk modelling
* clay/playdoh/plasticine
* Help prepare lunch
 |
| 12:00pm – 1:00 pm | Lunch/Free play | I can do this by myselfI can do this with a siblingI need adult support | * Controlled Electronics
* Ipads/Kindle/tablets/computers/consoles
 |
| 1:00pm – 1:30pm | Exercise Time | I can do this by myselfI can do this with a siblingI need adult support | * Scooter or bike ride
* Walk round the block
* Indoor exercise – The Body Coach PE Workout
* Sensory activities, cosmic yoga, Zen Den
* Jacks, running on spot/up and down stairs, squats…
* *Exercise ideas – see separate page*
 |
| 1:30pm – 2:30pm | Time to Work | I can do this by myselfI can do this with a siblingI need adult support | **No Electronics (unless required for school work)*** School work packs
* Numeracy, Writing/ Reading – independent/shared
* *Include brain breaks and snack to chunk focus time*
 |
| 2:30pm – 3:00pm | Quiet Time | I can do this by myselfI can do this with a siblingI need adult support | * Relaxing music
* Read a story
* Watch a TV programme
* Play a game
* Do a jigsaw
 |
| 3:00pm – 4:00pm | Outdoor Play | I can do this by myselfI can do this with a siblingI need adult support | * Outdoor play
* Time in the garden
* Walking/Jogging/Running
* Bounce on a trampoline
* *Exercise ideas – see separate page*
 |
| 4:00pm – 5:00pm | IT | I can do this by myselfI can do this with a siblingI need adult support | * Research a specialist subject
* Send an email to a relative
* Supervised electronics
* Supervised educational apps
* *See list of apps and games separate page*
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