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| **Time** | **Activity** | **Do I Need Help?** | **What We/I Might Do** |
| 8:30am – 9am | Morning Routine | I can do this by myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I need adult support | * Controlled Electronics * Ipads/Kindle/tablets/computers/consoles |

**Daily Routine / Schedule – Primary Example**

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| **Time** | **Activity** | **Do I Need Help?** | **What We/I Might Do** |
| 8:30am – 9:00am | Morning Routine | I can do this by myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I need adult support | * Controlled Electronics * Ipads/Kindle/tablets/computers/consoles |
| 1:00pm – 1:30pm | Exercise Time | I can do this by myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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 myself  I can do this with a sibling  I 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* |