

Suggested Daily Routine

Primary 1 – 2

As part of remote learning you may wish to use this timetable to help structure your day.

|  |  |  |
| --- | --- | --- |
| Before 9am | Wakey wakey | Eat breakfast, make your bed, get dressed and your brush teeth. |
| 9 – 9.30 | Physical Activity | Morning walk, play in the garden, indoor yoga, Joe Wicks – check out Twitter for more ideas |
| 10 – 11am | Literacy Activity | Your literacy activity will be posted on Seesaw |
| 11 – 11:30am | Snack | Prepare or choose a healthy snack and take a bit of time to relax. |
| 11:30 – 12:30am | Maths/Numeracy | Your maths/numeracy task will be posted on Seesaw and may also include links to games to play. |
| 12:30 – 1:15pm | Lunch | Help to prepare lunch, sit back and relax. |
| 1.15 – 1:45pm | Life Skills | Help an adult with some tasks in and around the house. This could be cleaning, tidying, sorting etc. |
| 1:45pm – 2:15pm | Independent quiet Time | Read/explore a book, complete a puzzle or jigsaw, mindfulness colouring, relax. |
| 2:15pm – 3:15pm | Cross-Curricular | Choose 1 or more activities from the learning grid which has been posted on our school blog. Share your learning with us on Seesaw |
| At some point in the afternoon | Physical Activity | Go out for a walk, play in the garden or indoor physical activity. |