



# Home Daily timetable

Students and adults thrive on routine. We understand that this is going to be a difficult time. Here is a suggested timetable for you to try.

Your child has a pack of work from different subjects in school and you can work through this in the suggested times. The pack sent home is to help to keep your child busy and in a routine at this difficult time.

Before 9.00am	Wake up	Usual morning routine - Eat breakfast, make your bed, get dressed.
9.00 - 10.00	Wellbeing time "get active"	Go for a walk, wake up shake up clips, yoga clips, Dance to music on the radio or go out into your garden.
10.00 - 11.30	Academic time	Complete some English and Maths work from the pack.
11.30 - 12.00	Chill time	Listen to music, play on your iPad, Lego, read a book, do some mindfulness, or other favourite activity
12.00 - 1.00	Lunch time	Eat lunch
1.00 - 2.00	Help around the house or Creative time	Help to clear up and wash the pots from lunch, tidy bedroom, wipe down kitchen, Hoover or mop.  Drawing, colouring, singing, cooking or baking.
2.00 - 3.00	Academic time	Complete a task given by another subject e.g. Science, Art, Humanities or PE.
3.00 - 3.15	Reading for pleasure	School reading book, poem, magazine or a new recipe.