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| **Suggested Timings** | **Activity** | **Additional Information** |
| **Before 9am** | **Wake up ☺** | **Eat breakfast, make your bed, get dressed, put PJ’s away** |
| **9:00 – 10:00** | **Morning Walk** | **Family walk in open spaces or something active if too wet…Just Dance (You Tube, Super movers…etc)** |
| **10:00 – 11:00** | **Academic Time** | **Access some learning from the recommended websites. Set a-side a dedicated space for this, no TV on in the background** |
| **11:00 – 12:00** | **Creative Time** | **Lego, drawing, crafting, play music, cook/bake…etc** |
| **12:00** | **Lunch** | **Make sure all the family help in some way to prepare the meal** |
| **12:30** | **Chore Time – being generally helpful ☺** | **Hoovering, dusting and general cleaning of surfaces.**  **Pay special attention to door handles, light switches and desk tops.**  **Why not have a daily tidy room competiton.** |
| **1:00 – 2:00** | **Quiet Time** | **Reading, Puzzles…..keeping mind active…no electronics though** |
| **2:00 – 3:00** | **Academic Time** | **Access some learning from the recommended websites. Set a-side a dedicated space for this, no TV on in the background** |
| **3:00 – 4:00** | **Afternoon fresh air** | **Bikes, Walk, Play outside, family time** |
| **5:00 – 6:00** | **Dinner** | **Make sure all the family help in some way to prepare the meal** |
| **6:00 – 8:00** | **Free TV time. Games consoles** | **Time to relax and unwind... ☺** |
| **8:00 – 9:00** | **Bedtime or family chill out time** | **Children who continue to follow a daily routine will continue to have good sleep patterns, be healthier and cope with challenges better.** |

**Suggested Daily Routine during Self-Isolation or Mass School Closure**