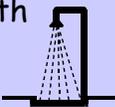
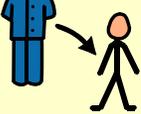
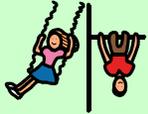
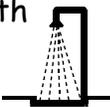
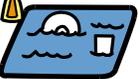


★ My Daily Timetable ★

Before 9am	9-10 Exercise Examples:	10-11 Home Learning Time - No Electronics	11-12 Be Creative Examples:	12-1 Lunch	1-2.30 Online Learning Examples:	2.30-3.30 Afternoon fresh air Examples:	3.30-4 Help at home Examples:	4-5 Quiet time Examples:	5-6 Dinner	6-7pm Free	7pm Bedtime routine
Wake Up 	Family or Dog Walk 	Reading 	Lego -see the 30 day Lego challenge	Help make lunch 	See the Home Learning Zone and Curriculum Links on our website.	Bikes/ skates 	Tidy Room	Puzzles 	Help make dinner 	Your choice!	Shower/ Bath 
Breakfast 	Ball games 	Secondary school Homework booklet activities	Arts and crafts 	Eat! 		Ball games 	Pick up dirty clothes 	Reading 	Eat! 	Sing/ Dance/ Dress Up!	PJ's on 
Get dressed 	Joe Wicks See indoor ideas Slide 4	Maths/ English -Writing -Typing -Alphabet Letter/ number practice -Counting Games See home learning zone ideas	Cook something 	Help tidy up 	Google Arts and Culture App	Walking/ running 	Stack Dishwasher 	Family Board Game 	Help tidy up 	Video call friend 	Bedtime Story 
Free Time until 9am 	Bike ride/ Skates/run 		Sensory Play See home learning zone ideas 		Education based iPad Android Apps	Play outside 	Hoover 	iPad/ Tablet free choice		Play with your toys 	Listen to music/ Calm 
	Bounce or 	OT work See home learning zone ideas	Practice an instrument Explore Music online		Speech & Language- Video call Family	Gardening 	Learn a new life skill 	Audible free audio book https://stories.audible.com/start-listen		Mindfulness	Sleep! 

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