










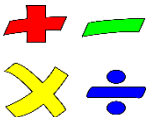


Before 9am	Wake up		Eat a healthy breakfast Have a drink Stretch or movement Set your focus for the day.
9.00-9.30	Connecting time		Play a board game, jigsaw puzzle, snap, jenga etc. Sensory play- playdough, water, sand. Have a chat about how you are feeling today
9.30-10am	Exercise		Joe Wicks will be running a 30 minute session on Youtube. Get set for PE daily- this will be posted on the school's face book page. Check out cosmic kids yoga on Youtube
10-10.45am	Academic time		Complete 2 activities from your pack. Read some of your book.
10.45-11.00am	Chore time		Maybe help mop the floors, tidy your room, prepare lunch. Earn some rewards for helping!
11-12pm	Creative time and connecting time		Lego, drawing, colouring, craft activities, singing, listening to music, cooking, baking.

1pm-1.30pm	Lunch/Relax/ Fresh air		Have something healthy for lunch. Sit quietly. Get outside in the garden- look at your surroundings.
1.30-2.30pm	Exercise		Joe Wicks Youtube channel Yoga.
2.30-3.00pm	Academic time		Complete 2 activities from your pack. Practise your spellings.
3.00-4.00pm	Quiet time		Mindfulness- Reading a book Yoga - cosmic kids on youtube
4.00-5.00pm	Fresh Air TT Rockstars	 	Get out in the garden or look
Try to be mindful of how much time you spend on electronic devices. Keep those brains active in a variety of ways 😊			