Daily Schedule

|  |  |  |
| --- | --- | --- |
| Before 9 am | Wake Up, Get Up | Get dressed, make your bed, do you hair, have a washEat breakfast |
| 9am-9.30am | Physical | Go for a walk if not isolated, try some yoga, put some music on and dance. |
| 9.30am-11am | Academic - No Electronics | School set work.Keep a daily diary – could be a future best seller!Read together, number puzzles, times table challenges. |
| 11am-12am | Creative | Drawing, painting, lego, play music, model making, saltdough/playdough, cook, bake, etc |
| 12 noon | lunch | Set the table, pour drinks, make an occasion of it, help with clearing away after.  |
| 12.30 | Chores time | Wipe kitchen table and chairs.Wipe door handles, light switches, desk topsWipe bathrooms – sinks and toilets, including flush handle |
| 1.00-2.00 | Quiet time, No Electronics | Reading, puzzles, rest, look at family photos,  |
| 2.00- 4.00 | Academic Time – Electronics allowed  | School work, Online learning. |
| 4.00-5.00 | Fresh Air | Go for a walk, go in the garden or on the balcony, ride a bike or scooter.If isolated open the windows, and do indoor activities |
| 5.00-6.00 | Dinner | Help with peeling the veg, buttering bread, cooking. Laying the table, pouring drinks, clearing up after. |
| 6.00-8.00 | Free time. TV or gaming allowed |  |
| 8.00 pm – 8.30 | Bath time | Bath, wash hair, put clothes into laundry, change for bed |
| 8.30pm | Bed time | For all Children/young people |
| 9.00pm | Bedtime | For all children/young people who follow the daily schedule and don’t argue |