

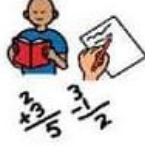










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|------------|---------------|---|---|
| Before 9am | Wake up |  | Have breakfast Get dressed Brush your teeth Make your bed Tidy your room |
| 9 – 10am | Exercise Time |  | If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See ' Exercise Ideas ' on page 3. |
| 10 – 11am | Academic Time |  | <u>No Electronics</u> School work packs, reading/ sharing a book. |
| 11 – 12pm | Creative Time |  | Lego, drawing, colouring, craft activities, singing, music, cooking/baking together. |
| 12pm – 1pm | Lunch/Relax |  | <u>Controlled Electronics</u> iPads/tablets, computers and games consoles. Please remember online safety and supervise your children. |

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|---------------|------------------|--|--|
| 1pm -1:30pm | Exercise Time |  | See ' Exercise Ideas ' on page 3 |
| 1:30 - 2:30pm | Academic Time |  | <u>No Electronics</u> School work packs, reading/ sharing a book. |
| 2:30 – 3:00pm | Quiet Time |  | Relax with a book, watch a TV programme or play a board game etc... |
| 3:00 – 4:00pm | Fresh Air |  | Outdoor play or exercise indoors. |
| 4:00 – 5:00pm | Electronics Time |  | <u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on page 3). |
| 5:00 – 6:00pm | Tea Time |  | Have tea and then relax and prepare for bed/story time. |

