

Example Timetables

Get ready for the day	•Have breakfast, have a wash, get dressed
9am Activity 1	•Online learning from school OR a craft activity (cutting and sticking, painting, baking)
10am Activity 2	•Online learning from school OR some writing or maths - write a story, count coins
11am Get active!	•Play in the garden, do an exercise video
12 Lunchtime	
1pm Help about the house	•Help tidy up, Hoover, wash up
2pm Quiet time	•Do something calm, like reading or colouring
3pm Activity 3	•Online learning from school OR be creative – make some music, design an outfit
4pm Have some free time	•Enjoy toys and tech
5pm Dinner time	•Help prepare dinner – help tidy up too!
6pm Family time	•Play a game, watch a movie, spend time together
Get ready for bed	•Have a bath, get pyjamas on, read a story

45 mins Academic learning

45 mins Creative Activities

45 mins Exercise

Have lunch

Downtime

45 mins Academic learning

45 mins Help around the house

Free time

Have dinner

Contact family and friends - phone, Facetime, email

Free time

Get ready for bed