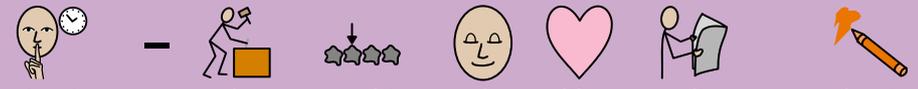
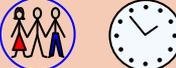




Timetable for the day!

 Wake up!	 Have breakfast, have a wash, get dressed.
 9am	 Online learning from school or a craft activity (cutting and sticking, painting, baking)
 10am	 Online learning from school or some writing or maths - write a story, count coins!
 11am	 Get active! Play in the garden or do an exercise video on YouTube.
 12pm	 Lunchtime!
 1pm	 Help about the house - help tidy up, hoover, wash up
 2pm	 Quiet time - do something, calm, like, reading or colouring
 3pm	 Online learning from school or be creative - make some music, design an outfit.
 4pm	 Have some free time
 5pm	 Dinner time - help to prepare dinner!
 6pm	 Family time
 7pm	 Get ready for bed - have a bath, get pyjamas, get ready



Timetable for the day!

 First!	 Wake up! Get dressed
 Next	 Creative activities for 45 minutes
Then	 Exercise for 45 minutes
 Lunchtime!	? Have some lunch!
 Next	 Lunchtime!
Then	? Have some downtime.
 Next	 Academic learning for 45 minutes
 After that	 Help out around the house
 Free time!	 Relax, do something fun.
 Next	 Have dinner
Then	 Contact friends and family - phone, FaceTime, email
 Free time!	 Read a book, do something relaxing!
 Bed time!	 Get ready for bed.