









Timetable – rough guide

Before 9:00am	Wake up		Have breakfast Get dressed Make your bed Brush your teeth
9:00 – 10:00am	Exercise time		If possible: morning walk or indoor exercises, Yoga, Star Jumps, Dance, Go noodle or body coach
10:00 – 11:00am	Snack Work time		<u>No Electronics</u> School home learning or book sharing
11:00 – 12:00pm	Creative Time		Lego, drawing, colouring, crafting, singing, music, cooking/baking together
12:00 – 1:00pm	Lunch/Relax		Help prepare lunch Controlled Electronics ipad/tablets, computers and games consoles. Please remember online safety and supervise your children.
1:00 – 1.30pm	Exercise time		Dance, walk indoor exercises
1:30 – 2.30pm	Snack Quiet time		Prepare snack, relax with music, book or play a board game
2:30 – 3:30pm	Fresh Air		Outdoor play if possible or exercise indoors