



A daily schedule to help keep a routine at home with children and young people when absent from school. Remember regular brain breaks during academic time!

Before 9am	Wake up	Eat breakfast, make your bed, get washed and dressed.
9 – 10am	Morning Walk or exercises	Family walk or exercises in the back yard/garden. Stretching, yoga and mindfulness breathing.
10-11am	Academic Time	NO ELECTRONICS! Any work provided by school, study guide, quiz books, times tables, story writing.
11-12pm	Creative Time	Lego, drawing, painting, cooking, baking.
12:00	Lunch	
12:30 - 1pm	Chore Time	Wiping down, dusting, Hoover, laundry, washing dishes. Toys away.
1 – 2pm	Quiet time	Reading, Jigsaw, colouring, nap. Mindfulness
2 – 3pm	Academic Time	Ipad, math's games, educational show
3-4pm	Outdoor time	Play outside, go for a walk/snack
4-5	Free Time	games, TV, electronics, play with toys.
5-6pm	Dinner	
6-7:pm	Free Time	Games, Reading, massage, mindfulness
7pm-	Bedtime and bath	Adjust to your usual routine

Visual Timetable Version

You can cut these out and use them as a guide for your child's daily routine.



WAKE UP

To be *awake* from sleep

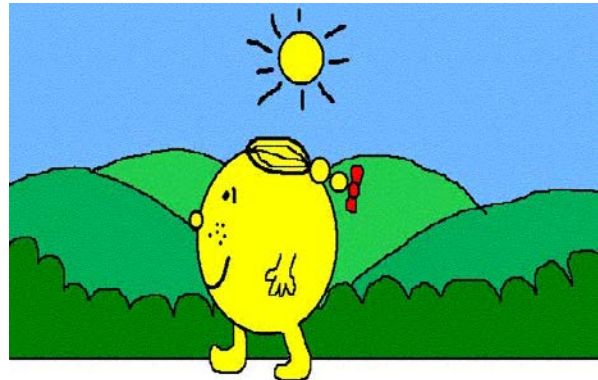


GET UP

To physically *get out* of bed



I wake up at 7 every morning but I don't get up until 7:15.





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