

Suggested daily timetable:

	Exercise		Education		Free time		Helping time
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Time	Activity
Before 9.00am	Wake up/Breakfast
9.00 – 10.00am	Exercise e.g. Joe Wicks/Dressed
10.00 – 11.00am	Learning time- English, Maths (without screens)
11.00 – 12.00pm	Creative time
12.00 – 12.30pm	Lunch time
12.30 – 1.00pm	Jobs around the house
1.00 – 2.30pm	Quiet time – reading, drawing, colouring
2.30 – 4.00pm	Learning time- (with screens)
4.00 – 5.00pm	Fresh Air
5.00 – 6.00pm	Dinner time
6.00 – 8.00pm	Free time
8.00pm	Bedtime