

# Suggested Daily Routine

We have included a timetable that could be used as a guide to help with the routine of the day.

Time	Suggested activity	Ideas..
Before 9.00am	Wake up	Eat breakfast, make your own breakfast, make your own bed, brush teeth for 2 minutes, help with laundry /folding clothes.
9.00-10.00am	Morning Walk	Family walk. If you have a dog, take it outside for games. If it is raining try some yoga (yoga videos available on YouTube).
10.00-11.00am	Academic Time	School packs, online videos, reading. Check Tapestry / school website for updates.
11.00-12.00	Creative Time	Drawing, painting, chinks outside / inside, crafts (check Pinterest for craft ideas), learn to cook and bake, sew, make mud pies.
12.00pm	Lunch	
12.30pm	Chores	Create a list of 12 household jobs. Roll a two dice and whatever number it makes tackle that household job first.
1.00-2.30pm	Quiet time	Reading, puzzles, nap.
2.30-3.30	Academic Time	School packs, online videos, reading. Check Tapestry / school website for updates.
3.30-4.30	Outdoor / fresh air	Play in the garden, go for a minibeast hunt, tally chart items that you find (flowers, birds, cars, vans etc). Make mud pies, plant some flowers or vegetables. Grow cress and monitor it at the same time each day!
4.30-5.00	Free time	
5.00-6.00	Dinner	
6.00-8.00	Free time / TV	Bath/shower, brush teeth, watch your favourite tv shows or quiz shows. Play family games such as charades, board games etc.
8.00	Bedtime story / bedtime	