

At home daily schedule

Name:

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Bedtime

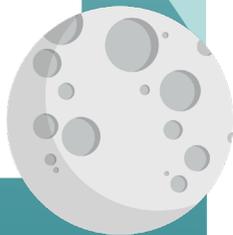
All children

:

Bedtime

For children who follow the daily schedule without fuss!

Notes:



At home daily schedule

Name: **Sam**

7 : 00

Get ready for the day!

Breakfast, brush teeth, get dressed & make bed.

9 : 00

Morning exercise

Joe wick's Morning P.E. class on YouTube

10 : 00

Mid-Morning Maths

with Bobby Seagull on Explore Learning's Facebook page

11 : 00

Creative activity

Drawing, music, baking, Lego etc.

12 : 00

Lunch

Help make lunch for everyone

12 : 30

Chores

Wipe down kitchen surfaces, sweep the floor, take the rubbish out etc.

1 : 00

Quiet time

Read a book, complete a jigsaw puzzle, play sudoku, nap.

2 : 30

Study time

Explore at Home/ Success maker

4 : 00

Outdoor time

Play in the garden

5 : 00

Dinner

6 : 00

Free time

8 : 00

Bedtime

All children

9 : 00

Bedtime

For children who follow the daily schedule without fuss!

Notes:

