

Suggested Timetable

Before 9am		Wake up	Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10 am		Exercise Time	If possible, morning walk or indoor exercise, Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... <i>See 'exercise ideas' attached.</i>
10 – 11 am		Academic Time	<u>No electronics</u> School work packs, reading, research etc.
11 – 12pm		Creative Time	Lego, drawing, colouring, craft activities, singing, music, cooking/baking together
12 – 1pm		Lunch/Relax	<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. Please remember online safety and supervise your children.
1 – 1.30pm		Exercise Time	<i>See 'exercise ideas' attached.</i>
1.30 – 2.30pm		Academic Time	<u>No electronics</u> School work packs, reading, research etc.
2.30 – 3pm		Quiet Time	Relax with a book, watch a TV programme or play a board game etc.
3 – 4pm		Fresh Air	Outdoor play or exercise indoors
4 – 5pm		Electronics Time	<u>Supervised Electronics</u> Supervised educational games/apps. <i>See list of websites included with 'Home Study Tasks'.</i>
5 – 6pm		Dinner Time	Have dinner with the family then relax and prepare for bed/story time.