



Dear Parents, Carers and children,

We are well aware that this is an extraordinary time for us all. Being away from school and routines sounds so appealing but this can also be a time of anxiety for everyone. We have put together a suggestion for a plan for the day in order to break up what could be a difficult time for us all. This is not something to stick to slavishly but as a staff we were thinking that perhaps this could be an opportunity to connect as a family (albeit enforced) and to use this time to learn new things together. We all feel it is important to have a structure to each day and to make sure children do a variety of activities. We hope you find it useful.

Time/duration	Activity	Suggestions/Opportunities
8-9	Wake up	Eat breakfast, make your beds, get dressed, help with the laundry Perhaps: take it in turns to lay the table/choose breakfast/make breakfast learn to make a cup of tea try something new for breakfast choose a topic to talk about over breakfast
9-10	Morning exercise	Take a walk or do some exercise Perhaps: Follow a you tube fitness clip or jump start Johnny Dance to some music Go for a jog Set up an exercise course Take a walk all together
10-11	Academic learning time (no devices)	Complete an activity or two from your class pack.
11-12	Creative learning time	Lego, building, construction, Art, drawing, painting, water play, baking, crafting, music Perhaps: follow a new recipe try a new skill play a family game
12-1	Lunch and chores	Lay the table, prepare the lunch, clear the table Perhaps: load the dishwasher or wash-up wipe down the surfaces Listen to a podcast or story.
1.-2	Quiet time	Reading, puzzles, nap, TV, drawing
2-3	Academic learning time (devices allowed)	Complete an activity or two from your class packs.
3-4	Afternoon fresh air	Exercise time Perhaps: walk the dog/help feed and look after pets go on a bug hunt ride a bike play outside
4-5	Free time/ Diary writing/Academic time	Normal after school routines Complete a diary entry for the day (an interesting piece of history!) Complete another activity from your class learning pack
5-6	Dinner	Lay the table, help prepare the meal, clear the table, wash up, put away dishes, wipe down surfaces
6-8	Free time!	Including showers and getting ready for bed
8	Bedtime	For all children (reading allowed!)
9	Bedtime	Extra stay up late for all children who followed the schedule and didn't whinge or fight!