



## Suggested timetable

Before 9am	Wake up Healthy breakfast Dressed up for the day	
9 - 10am	Family walk	Exercise in the home (yoga/stretches)  Joe Wicks workout
10 -11am	Learning time	Home learning tasks Reading
11-12	Creative time	Lego, drawing, crafting, play music, cook/bake
12 noon	LUNCH	
12.30pm	Life skills	Help with house work e.g. Washing up, wipe all door handles, light switches, work surfaces etc.  Make a weekly meal plan
1 – 2.30pm	Quiet time	Reading, puzzles, mindfulness activities
2.30 – 4pm	Learning time	Home learning tasks
4 – 5pm	Afternoon fresh air	Play outside Observe nature Yoga
5 – 6 pm	DINNER	
6 – 8pm	Down time	Watch TV, listen to music, have a bath, listen to a story, talk to your family.