

## Keep BUSY! Daily schedule ideas whilst APPS is closed

<b>Before 9 a.m</b>	<b>Wake up</b>	<b>Get clean, get dressed, make your bed, eat breakfast</b>
<b>9-10am</b>	<b>Morning walk</b>	<b>Family walk, run, play. Exercise in the home (yoga/stretches)</b>
<b>10-11am</b>	<b>Learning time</b>	<b>NO ELECTRONICS Home learning packs, reading, times tables, Sudoku.</b>
<b>11-12</b>	<b>Creative time</b>	<b>Lego, drawing, crafting, play music, cook/bake.</b>
<b>12 noon</b>	<b>LUNCH</b>	
<b>12.30pm</b>	<b>Home help jobs</b>	<b>Helping with house work eg washing up, wipe all door handles, light switches, work surfaces, bathroom surfaces, dining tables.</b>
<b>1 – 2.30pm</b>	<b>Quiet time</b>	<b>Reading, puzzles, nap</b>
<b>2.30 - 4pm</b>	<b>Learning time</b>	<b>ELECTRONICS OK IPad, laptop, Timestable Rockstars, Mathletics, Bug Club etc (use your school log-ons for interactive learning opportunities).</b>
<b>4 – 5pm</b>	<b>Afternoon fresh air</b>	<b>Bikes, park, walk the dog, play outside.</b>
<b>5 – 6 pm</b>	<b>DINNER</b>	
<b>6 – 8pm</b>	<b>Down time</b>	<b>Watch TV, listen to music, have a bath, listen to a story, talk to your family.</b>
<b>8pm 9pm</b>	<b>Depending on your age</b>	<b>Wash, PJs on, relax and bed.</b>