



My Daily Plan and My weekly timetable

Planning out your day and week is helpful for you and for your parent/carer. An example day is below. Remember we usually visually plan this so you could draw a picture beside each part of your day.

7am: Wake up

7.15am: Get dressed

7.45am: Have breakfast

8.15: Get washed and brush teeth

8.30: TV/tablet/screen time

9am: Exercise - I will be trying to do the Joe Wicks daily exercise live 9am

<https://www.youtube.com/watch?v=K6r99N3kXME>

9.15: Literacy activity

10.15am: Healthy Snack - remember to wash your hands (there will be no fruit trolley guys sorry!!)

10.25: play (in the garden if possible!)

10.45: maths (See the P6 Numeracy and Maths Folder online, but Xtra math slot would be a great start)

11.15: phonics/IDL/spelling I will post up Jolly Grammar each week, but see also resources in the literacy folder.

11.45: free play and hand washing

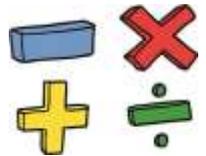
12.15: lunch

12.45 - 1.45: outside time (walk in the woods etc- See HWB folder for lots of ideas)

1.45 - 2.45: topic based learning based on their interests (See Learning Across the Curriculum Folder for lots of ideas)

2.45 - 3.15: E.R.I.C. (Sadly Eric is no more as there is no "In Class" but ERIN time- Everyone Reading Isolated or Not)

3.15 - 3:30 Think happy thoughts and say something kind to someone in your house. Post up something onto SeeSaw, if you are able.



Time	Monday	Tuesday	Wednesday	Thursday	Friday
Break Time					
Lunch Time					

Remember to include; learning time, exercise breaks, and family time each day

I am aware that will be too much for some children. Learning times could be replaced with games, playing with toys or interests. Parents can do as much or as little as suits.

There are lots of free online facebook events like magic shows, music and singing classes etc that might help break up the day and all schools and companies are dealing with this together- so have a look and feel free to share great ideas on SeeSaw.