

Suggested daily plan for children at home with parents / carers during school closures

Rough timings	Activity	Additional Information
Before 9am	Wake up 😊	Eat breakfast, make your bed, get dressed, put PJ's away
9:00 – 10:00	Morning Walk	Family walk in open spaces or something active if too wet...Just Dance (You Tube, Super movers...etc)
10:00 – 11:00	Academic Time	NO ELECTRONICS.... unless online learning please Set a-side a dedicated space for this, no TV on in the background
11:00 – 12:00	Creative Time	Lego, drawing, crafting, play music, cook/bake...etc
12:00	Lunch	Make sure all the family help in some way to prepare the meal
12:30	Chore Time – being generally helpful 😊	A – Wipe all kitchen works surfaces and chairs B – Wipe all door handles, light switches and desk tops, C - Wipe all bathrooms – sinks and toilets
1:00 – 2:00	Quiet Time	Reading, Puzzle.....keeping mind active...no electronics though
2:00 – 3:00	Academic Time	Electronics ok – online educational games/site
3:00 – 4:00	Afternoon fresh air	Bikes, Walk, Play outside, family time
5:00 – 6:00	Dinner	Make sure all the family help in some way to prepare the meal
6:00 – 8:00	Free TV time	Time to relax and unwind... 😊
8:00 – 9:00	Bedtime or family chill out time	All children who continue to follow a daily structure and have good sleep patterns will have sharper minds and be healthier

Many thanks to Swindon Village Primary School for sharing this with us.