



Time

Activity

Equipment needed

930-10am

Exercise in the garden

Can use Youtube videos or obstacle course, trampoline

10-10.15

Snack

10.15-11am

Learning set by school

Whatever school suggests

11-12

Creative play

For example, lego, drawing...

12-1230

Lunch time

12-30-1

Free time

1-145

Learning set by school

Whatever school suggests

145-2

Brain break

Stretches, dance to favourite song...

2-2:30

Reading individually or as a family

Take it in turns to pick your favourite book

2:30-3pm

Share learning of the day.
For example, one thing you have learnt that interested you, One thing you would like to learn more about or three things you are grateful for

Listening ears, warm hugs and encouragement that you have made it through to another day ☺

