

It's really helpful to be in a routine. Here is a similar routine suggestion to our normal school day.

Time	Activity	Suggestion
9:00	Reading	
9:30	Academic Time	No Electronics. Literacy/Maths
10:30	Break	Go outside for a walk, yoga or Joe Wicks daily workout on YouTube <a href="https://www.youtube.com/user/thebodycoach/">https://www.youtube.com/user/thebodycoach/</a>
11:00	Academic Time	Electronics allowed. Literacy/Maths
12:00	Lunch	
13:00	Creative Time	PE/Science/Topic/Music/Art
14:00	Creative Time	PE/Science/Topic/Music/Art
15:00	Reading	

Other suggested activities:

- Become a little chef and help out in the kitchen! Here is a selection of Kids' cooking recipes: <https://www.bbcgoodfood.com/recipes/collection/kids-cooking>
- Care homes are not allowing visitors at the moment and this could be a very lonely time for them. Why not draw a nice, uplifting picture or write them a letter to cheer them up and either pop it through their letterbox or pop it in the postbox.
- Film your own news or weather report.
- How many times can you throw a ball, clap, then catch it in a minute? Can you beat your record?
- Fill in your wellbeing journal daily and add your own pages when you are finished.
- Sketch something that you can see from outside your window.