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| Before 9am | Wake up |  | Have a healthy breakfast  Get dressed  Brush your teeth  Make your bed  Tidy your room |
| 9 – 10am | Exercise time |  | If possible – morning walk. See ‘Being Active at Home’ ideas. |
| 10 – 11am | Learning time |  | No electronics  Complete a Maths and/or English activity from ‘Secondary learning ideas’. |
| 11 – 12pm | Creative time |  | Lego, drawing, colouring, craft activities, singing, music, cooking/baking together. |
| 12 – 1pm | Lunch time |  | Healthy lunch - after eating – controlled electronics  iPads/tablets, computers and games consoles. **Please remember online safety and supervise your children.** |
| 1 – 1:30pm | Exercise time |  | See ‘Being Active at Home’ ideas. |
| 1:30 – 2:30pm | Learning time |  | No electronics  Complete a Maths and/or English activity from ‘Secondary learning ideas’. |
| 2:30 – 3pm | Quiet time |  | No electronics  Read a story together or play a board game |
| 3 – 4pm | Fresh air |  | If possible – spend time outside and get some fresh air. |
| 4 – 5pm | Electronics time |  | Supervised electronics  Supervised educational games/apps – see your child’s logins and password for links**.** |
| 5 – 6pm | Tea time |  | Have tea, relax and prepare for bed time with a bath/shower and story. |