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| Estimated timing | Time to….. | Activity suggestions |
| Before 9am | Wake up | Eat breakfast, clean teeth, wash, make bed, get dressed, put pjs in laundry |
| 9 – 10am | Morning exercise | Family walk with dog/ yoga/ brain gym with tables |
| 10 – 11am | Academic time | NO electronics. – reading, comprehension, spelling, writing , soduku, study guide etc |
| 11 – 12noon | Creative Time | Lego/ drawing/ crafting/ play music/ cook or bake |
| 12noon | Lunch | Wash hands. Eat. Take plate to kitchen for washing. |
| 12:30 | Chore time | Wipe kitchen tables and chairs; door handles, light switches, desk tops, bathroom sinks and toilets. |
| 1:00 – 2:30pm | Quiet time | Reading/ puzzles/ nap |
| 2:30 – 4:00 | Academic Time | Electronics ok; mymaths, RM easimaths, Timestable Rockstars; spelling shed; I-pad games. |
| 4:00 – 5:00 | Afternoon fresh air | Walk the dog/ play outside/ gardening |
| 5:00 – 6:00 | Dinner | Help clear up, washing etc |
| 6:00 – 8:00 | Free TV time | Kid showers, pjs on |
| 8:00 | BEDTIME | All kids |
| 9:00 | BEDTIME | Kids who follow the daily schedule and respect others in the home. |