














Nurturing & growing together

Before 9 am	Wake up time		Brush your teeth Have breakfast Get dressed Make your bed Tidy your room
9 - 10 am	Exercise time		If possible morning walk/indoor exercise Refer to yoga exercise section on website/booklet
10 - 11 am	Academic time	 $\begin{array}{r} 2 \\ \times 3 \\ \hline 6 \end{array}$ $\begin{array}{r} 3 \\ \frac{1}{2} \end{array}$	No Electronics School workpacks/reading/sharing a book
11 - 12 noon	Creative time		Sensory activities/lego/drawing/baking /cooking together/singing/music time
12 - 1 pm	Lunch & relax time		Have a snack/lunch with family <u>Controlled Electronics</u> Ipads/Consoles/Games Please remember online safety and supervise your children

1:00 -1:30 pm	Exercise time		See Exercise ideas on school website
1:30 -2:30 pm	Academic time		No Electronics School workpacks/reading/sharing a book
2:30 -3:00 pm	Quiet time		Relax with a book/Watch a TV program/Or play a board game
3:00 - 4:00 pm	Fresh Air		Outdoor play or Exercise indoors
4:00 - 5:00 pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games
5:00 - 6:00 pm	Tea Time		Have tea and relax Prepare for bed Story time

Keep bedroom, playtime, and mealtime screen free and enjoy these times to bond with children instead.