



Home-Learning Daily Timetable

Before 9.00am	Wake up	Eat breakfast, make beds, get dressed
9.00 - 10.00	Physical activity	For example: family walk with pets, yoga/aerobic activity inside if it's raining
10.00 - 11.00	Learning time	Chose an activity from your Meadows 'pick and mix' board
11.00 - 12.00	Creative time	Draw, design or make something - be artistic, constructive or a master baker!
12.00 - 12.30	Lunch	Eat!
12.30 - 1.00	Chores	Wipe down kitchen table and chairs Wipe down all door handles and light switches Wipe down sinks and toilets
1.00 - 2.30	Reading time	Find a comfy space and share a story
2.30 - 4.00	Learning time	Chose activities from your Meadows 'pick and mix' board
4.00 - 5.00	Active time	For example: Bike, walk the dog, play a game in the garden, play a board game
5.00 - 6.00	Dinner	Eat!
6.00 - 8.00	Free time	For example: colouring, board game, puzzles
After 8.00pm	Bedtime	Get a good night's rest!