

Suggested Daily Routine during Self-Isolation or Mass School Closure

Suggested Timings	Activity	Additional Information
Before 9am	Wake up 😊	Eat breakfast, make your bed, get dressed, put PJ's away
9:00 – 10:00	Morning Walk	Family walk in open spaces or something active if too wet...Just Dance (You Tube, Super movers...etc)
10:00 – 11:00	Academic Time	Access some learning from the school website, going to the Class pages with links to our weekly suggested activities and tasks as well as other recommended websites. Set a-side a dedicated space for this, no TV on in the background.
11:00 – 12:00	Creative Time	Lego, drawing, crafting, play music, cook/bake...etc
12:00	Lunch	Make sure all the family help in some way to prepare the meal
12:30	Chore Time – being generally helpful 😊	Hoovering, dusting and general cleaning of surfaces. Pay special attention to door handles, light switches and desk tops. Why not have a daily tidy room competition.
1:00 – 2:00	Quiet Time	Reading, Puzzles.....keeping mind active...no electronics though
2:00 – 3:00	Academic Time	Access some learning from the school website, going to the Home Learning from Class pages with links to our weekly suggested activities and tasks as well as other recommended websites. Set a-side a dedicated space for this, no TV on in the background.
3:00 – 4:00	Afternoon fresh air	Bikes, Walk, Play outside, family time
5:00 – 6:00	Dinner	Make sure all the family help in some way to prepare the meal
6:00 – 8:00	Free TV time. Games consoles	Time to relax and unwind... 😊 Reading just before bed is good for calming minds before sleep.
8:00 – 9:00	Bedtime or family chill out time	Children who continue to follow a daily routine will continue to have good sleep patterns, be healthier and cope with challenges better.