If you are off school for a while it is important to do some school work and keep your minds and bodies working.

Here is a suggested timetable for your day while you are off, some of these things may not be possible if you and your family are self isolating and your main priority is always to keep safe and well.

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| Before 9am | Wake up | Eat breakfast, get dressed and make your bed |
| 9am – 10am | Morning walk or time in the garden. | Get some fresh air with your family. Take some pictures or collect some items for arts and crafts later on. |
| 10am – 11am | Learning time  NO ELECTRONICS | Use this time to work through the learning activities on the home learning sheets that you have been given. |
| 11am-12pm | Creative time | Draw, play games, play with your brothers and sisters. |
| 12pm | Lunch |  |
| 1pm– 1.30pm | Helping out at home | Wash up, wipe the surfaces, clean the bathrooms – look after each other and help your parents, carers and helpers while you are all at home together. |
| 1.30pm-2.30pm | Calm time | Reading, colouring, arts and crafts |
| 2.30pm-4pm | Learning time  Electronics are ok! | Online resources, Purple Mash activities set by your teacher. |
| 4pm-5pm | Afternoon fresh air | Ride your bike or scooter, go for another walk and explore your local area. |
| 5pm-6pm | Dinner | Remember to help wash up and put things away afterwards. |
| Evening | Rest and relax | Remember to still get an early night and avoid too many electronics before bed. |

Keep a record of anything you do at home in your home learning books and bring these in for your teacher when you come back.