



# Suggested Daily Schedule



Here is a suggested daily timetable to support children that are currently absent from school. There are general links in the activity column should you wish to use them, however, please try to limit screen time over the course of a day.

Before 9:00 AM	<b>Wake up!</b>	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	<b>Physical activity Time</b>	Family walk or outdoor play <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a> <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>
10:00-11:00	<b>Academic Time</b>	Reading, home learning activities, puzzles <a href="https://www.oxfordowl.co.uk/for-home/reading-owl/library-page">https://www.oxfordowl.co.uk/for-home/reading-owl/library-page</a> <a href="https://www.activityvillage.co.uk/puzzles">https://www.activityvillage.co.uk/puzzles</a>
11:00-12:00	<b>Creative Time</b>	Creative play, drawing, Lego, crafts, music, cooking. <a href="https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/">https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/</a> <a href="https://www.letsplaykidsmusic.com/free-kids-songs-directory/">https://www.letsplaykidsmusic.com/free-kids-songs-directory/</a>
12:00-12:30	<b>LUNCH</b>	
12:30-1:00	<b>Home Chores</b>	Clean rooms, put away toys, pet care, gardening
1:00-2:30	<b>Quiet Time</b>	Reading, sewing / knitting / crochet, puzzles, yoga <a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a> <a href="https://www.cosmickids.com/category/watch/">https://www.cosmickids.com/category/watch/</a>
2:30-4:00	<b>Academic Time</b>	Educational games, online activities, virtual museum tours, learn a new language <a href="https://www.bbc.co.uk/bitesize/primary">https://www.bbc.co.uk/bitesize/primary</a>
4:00-5:00	<b>Physical Activity time</b>	Family walk or outdoor play <a href="https://happyhooligans.ca/category/outdoor-play/">https://happyhooligans.ca/category/outdoor-play/</a>
5:00-6:00	<b>Dinner time</b>	Family dinner, help with clean-up and dishes
6:00-7:00	<b>Bath time</b>	Bath or shower
7:00-7.30	<b>Reading/TV time</b>	Relaxing before bedtime
8:00 PM	<b>Bedtime</b>	Put on PJs, brush teeth, clothes in laundry

Free educational subscriptions link: <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>