**Suggested Daily Timetable**

We know that children are creatures of habit and often thrive with a routine (as do we!) Here is an example of how you could structure your day, if school is closed.

Before 9am: Wake up, get changed, help prepare breakfast, make bed, help with any jobs around the house.

09:00- 10:00 Morning walk (If you are able to)

10-11:00 Writing/ Spelling (Activities from work packs/ ideas on class pages)

11- 11:15  Wake up, shake up! Please see GoNoodle and BBC Supermovers for short, active videos.

11:15 -12:00 Quiet reading and book activities.

12:00- 13:00 Help prepare lunch (with support from an adult), eat lunch together, help to tidy away. Some downtime to relax and play.

13:00- 14:00 Math activities (Timestable rockstars for some time, learning activities from class pages/ work packs)

14:00- 14:15  Wake up, shake up! Please see GoNoodle and BBC Supermovers for short, active videos.

14:15- 15:00 Topic research linked to current class topic or a topic of interest. Make a poster, create a piece of art work/ music, build something with junk modelling etc