

Suggested Timetable

This is just a rough plan of what you can do. You do not have to stick rigidly to the times suggested here. It is just a guide but does include the times of activities that can be found online.

Time	Activity
9am -9.40am	PE with Joe https://www.youtube.com/watch?v=Rz0go1pTda8
9.40am-10am	Reading time – Read school reading books or share favourite books from home or watch one of the following : https://www.storylineonline.net/ https://www.bbc.co.uk/cbeebies/curations/storytime-stories
10am	White Rose Maths Party https://whiterosemaths.com/homelearning/ Follow the Maths Party at 10am and/or go to your child's Year group page and do some of the activities suggested there. Use the blank exercise book to practice addition/subtraction/multiplication and division skills appropriate to year group.
10.45am	Break Time – Get a drink/snack/fresh air
11.15am	Literacy Time – Use websites and work suggestions mentioned on web page <ul style="list-style-type: none"> - Use the blank exercise books provided by school to: write diary entries (if stuck for ideas try looking out of a window and describing what you can see – choose a different window tomorrow.) - Write a story using a picture from a book or magazine as a stimulus - Go on a phonics/spelling hunt around the house or garden - choose a different sound everyday and draw pictures or write as many words as you can starting with that sound.
12pm – 1pm	Lunch!
1pm – 2pm	Creative Time –Junk modelling, drawing, making models with Lego and other construction toys, creating pictures in the garden with natural materials i.e. sticks, grass, stones etc. – look at suggestions on class web pages and: https://www.theschoolrun.com/free-home-learning-activities https://www.twinkl.co.uk/home-learning-hub
3pm – 4pm	Active Time/Quiet Time Look at suggestions on web pages or refer to self-care and mental health for kids information below.
Between 4 pm and bedtime	Fun time – Do some fun activities with the family i.e. cooking, playing board games, watching a film together, walking, running, dancing, outdoor games, you could include house chores as part of this



Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry,"
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.

Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.