

HOME LEARNING TIMETABLE

08.30 - 09.00: Wake up, have breakfast, get dressed

09.00 - 10.00: Maths games, times table practice, word problems

10.00 - 11.00: Brain building topic work, something your child is interested in.
E.g. Researching Ancient China

11.00 - 12.00: Physical activity - E.g. playing in the garden or going for a walk.
Followed by making lunch together

12.00 - 13.00: Eat lunch together, then have some down time

13.00 - 14.00: Read a story together or listen to your child read, discuss the book together, then do some writing based on the book. Act it out / perform the poem / record a news report

14.00 - 16.00: Creative time! Sewing, crafting, designing, Lego building, make an instrument, play an instrument, dancing

POSITIVE WAYS TO SPEND THIS TIME

Get creative! Spend time together crafting, sewing, singing and dancing

Create a vision board with your aspirations for the future

Sort out the garden

Exercise together

Sing or write a song to perform to family

Spend at least 10 minutes a day meditating / practising yoga or focusing on breathing exercises

Go for a walk