

Time	Suggested activities	
Wake up 	You could: <ul style="list-style-type: none"> • Help an adult to make breakfast for the family and help with the dishes • Have a go at making your own bed • Brush your teeth for two minutes • Get dressed independently! 	
Wake up shake up! 9am	Start the day with Joe Wicks daily workout! Head to his YouTube channel: The body coach TV: Body Coach TV Don't forget to wash your hands!!	
Learning time 9.30am 	In our daily maths we focus on counting, numbers and shape. You could: <ul style="list-style-type: none"> • Have a look at your home packs and work through the ideas • Count things around the house: stairs, your cuddly toys, shoes... • Go on a shape hunt! What shapes can you see in the house or in your garden? Can you name them? • Ready steady go: give each other challenges to do a number of times e.g. 10 star jumps, hop 8 times, clap 10 times etc. 	
Snack Time 10.30am	Give your brain the healthy food it needs! Our snacks in school are usually fruits and vegetables including raisins!	
Outdoor learning 10.45am	It's always fun to learn outdoors whatever the weather. You could: <ul style="list-style-type: none"> • Make a hopscotch, build a den, bounce on your trampoline! • If it's raining, put your wellies on and splash in the puddles! 	
Learning time 11.15am 	In our daily phonics we focus on nursery rhymes and sounds around us in nursery, and in reception we say letter sounds and blend them to read words. You could: <ul style="list-style-type: none"> • Have a look at your home packs and work through the ideas • Share your favourite book together • Sing your favourite nursery rhymes • Make some big ears and listen to the sounds you can hear around you or outside • Read your home reading book to an adult (reception) • Practise writing your name! 	
Lunch and family time 12.15pm	You could help an adult to prepare lunch and chat about the things that make you happy! Don't forget to help do the dishes!	
Afternoon walk 1pm 	It's great for our mental wellbeing to get outdoors. Why not go for an afternoon walk with your family or on a bike ride or on your scooter? If you have a dog, you could take them along too! While you're walking – see how many rainbows you can spot on the houses in your area! Remember to socially distance yourself from others – 2metres apart.	
Learning time 2pm 	Get creative! Have you made a rainbow picture yet? Make a rainbow for your bedroom window so people can see it when they are out walking! You could also: <ul style="list-style-type: none"> • Paint your family • Colour in! • Make music with all the pots and pans in your kitchen to sing along to a song! 	
Story 3pm	We love sharing stories at the end of the school day: ask your adult to read to you!	
Free time and bedtime routine Bedtime 7pm	You could: <ul style="list-style-type: none"> - Read books, complete puzzles, colour in, play with toys - Remember to LIMIT and SUPERVISE screen time! - Help the adults to set the table for dinner - Help do the dishes - Tidy your bedroom then bath time! 	Bedtime story: Children's author Oliver Jeffers is reading live via his Instagram @oliverjeffers at 6pm every weeknight.