



HOME LEARNING DAILY SCHEDULE

Before 9.00am	wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	morning walk	Go for a walk - bring your dog if you have one Yoga if it's raining
10:00-11:00	academic time	SCHOOL WORK - DISTANCE LEARNING NO ELECTRONICS
11:00-12:00	academic time	SCHOOL WORK - DISTANCE LEARNING
12:00pm	lunch	EAT HEALTHY FOOD
12:30	chore time	A- wipe all kitchen table and chairs B- wipe all door handles, light switches, and desk tops C- wipe your keyboard and your phone
1:00-2:30	academic time	SCHOOL WORK - DISTANCE LEARNING
2:30-4:00	quiet time	ELECTRONICS OK iPad games, Prodigy, Educational Show, mobile phones
4:00-5:00	afternoon fresh air	Bikes, walk the dog, play outside, be active
5:00-6:00	dinner	EAT HEALTHY FOOD
6:00-8:00	free TV time	Watch Eastenders or Netflix
8:00	pamper time	Wash, shower, don't forget to brush your teeth
9:00-10:00pm	bedtime	Sleep is the best beauty treatment

Remember to wash your hands regularly! Drink water! And stay positive!