

Daily schedule

Before 9am	Wake up	Wash, eat breakfast, brush your teeth, make your bed.
9am - 9:15am	Starting the day right	Morning reflection or prayers as custom for the household. Discuss the activities for the day.
9:15am - 10:am	Morning stretch	A family walk, or some yoga if it's raining.
10am - 11am	Academic time	NO ELECTRONICS. Learning activities as suggested by school.
11am - 12noon	Creative time	Arts and crafts, music, cookery.
12noon	Lunch	Don't forget to wash your hands.
12:30pm	Chore time	Help with some cleaning - the kitchen, door handles, light switches, table tops.
1pm - 2pm	Quiet time	Reading, puzzles
2pm - 3:30pm	Academic time	ELECTRONICS OK. Times tables rockstars, handwriting practice on an iPad, online resources. ADULT SUPERVISION ONLINE IS STILL NECESSARY.
3:30pm - 4:30pm	Afternoon stretch	Play outside, walk to the park.
4:30pm - 5pm	Quiet time	Reading, puzzles, quiet games.
5pm - 6pm	Dinner	Don't forget to wash your hands.
6pm - 8pm	Winding down	Quiet play, TV with the family. Bath/shower and brush your teeth.
8pm	Bedtime	Try to read for 10 minutes (no electronics)