



COVID-19 Daily Schedule		
Before 9:00am	Wake Up	Eat breakfast, make your bed, get dressed
9:00-10:00	Exercise Time	Family walk. Play in the garden. Joe Wicks website
10:00-11:00	Academic Time	Work set by school
11:00-12:00	Creative Time	Lego, drawing, crafting, play music, cook, bake, learn a new skill etc.
12:00	Lunch	Fuel yourself for the rest of your day!
12:30	Helping Out Time	Set the table, tidy bedrooms, sort out laundry, dust, feed the pet, helping grown ups etc.
1:00-2:30	Quiet Time	Reading, puzzles, colouring
2:30-4:00	Academic Time	Work set by school Visit various websites as suggested by school eg educational TV
4:00-5:00	Afternoon Fresh Air	Bikes, scooters, walk the dog, play outside
5:00-6:00	Dinner	
6:00- onwards	Free TV Time	
You to decide...	Bedtime	All kids
You to decide...	Bedtime	All kids who follow the daily schedule with a smile on their face.

