

# COVID-19 Daily Schedule

Before 9:00am	Wake Up	Eat breakfast, make your bed, get dressed, brush your teeth etc.
9:00 – 10:00am	Morning Walk	Family walk (with the dog if you have one), Yoga, Mindfulness or Go Noodle if it's raining
10:00 – 11:00am	Academic time	NO ELECTRONICS Maths, English or Topic work
11:00am – 12:00pm	Creative time	Lego, drawing, crafting, music, cook or bake etc.
12:00pm	Lunch	
12:30pm	Tidy time	A – wipe down table and chairs B – wipe all door handles, light switches and table tops C – wipe bathrooms, sinks and toilets
1:00 – 2:30pm	Quiet time	Reading, puzzles, nap
2:30 – 4:00pm	Academic time	ELECTRONICS OK Spelling Shed, Maths Shed, Numbots (KSI), TT Rockstars (Yr2-6)
4:00 – 5:00pm	Afternoon fresh air	Bikes, scooters, walk the dog, play outside
5:00 – 6:00pm	Dinner	
6:00 – 8:00pm	Free TV time	Shower and get ready for bed
8:00pm	Bedtime	All children
9:00pm	Bedtime	All children who follow the daily schedule and show expected behaviour

## Useful Links:

<https://www.youtube.com/user/GoNoodleGames>

[https://www.youtube.com/results?search\\_query=yoga+for+kids](https://www.youtube.com/results?search_query=yoga+for+kids)

[https://www.youtube.com/results?search\\_query=mindfulness+for+children](https://www.youtube.com/results?search_query=mindfulness+for+children)

<https://play.edshed.com/login>

<https://play.numbots.com/#/intro>

<https://play.ttrockstars.com/>