
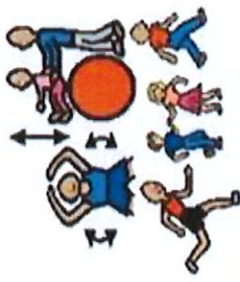











Before 9am	Wake up		<p>Have breakfast Get dressed Brush your teeth Make your bed Tidy your room</p>
9 – 10am	Exercise Time		<p>If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc.... See '<i>Exercise Ideas</i>' on page 3.</p>
10 – 11am	Academic Time		<p><u>No Electronics</u> School work packs, reading/ sharing a book.</p>
11 – 12pm	Creative Time		<p>Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.</p>
12pm – 1pm	Lunch/Relax		<p><u>Controlled Electronics</u> iPads/tablets, computers and games consoles. Please remember online safety and supervise your children.</p>

1pm - 1:30pm	Exercise Time		See 'Exercise Ideas' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 - 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 - 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 - 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on page 3).
5:00 - 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.