

## Daily Routine for At-Home Learning

Structured days with regular mealtimes and bedtimes are essential to keeping children happy and healthy. A predictable, regular routine will assist in ensuring students remain calm.

<b>Before 9am</b>	<b>Morning Routine</b>	<b>Breakfast, get dressed, make bed etc...</b>
9:00-9:30	Be active	Walk, stretches, ball games
9:30 – 11:00	Academic Learning	Set teacher tasks <ul style="list-style-type: none"> <li>• Online activity</li> <li>• Maths/ English activity</li> <li>• Typing Task</li> <li>• Reading</li> </ul>
<b>11:00-11:30</b>	<b>Lunch</b>	
11:30-12:00	At Home Chores	Choose <ul style="list-style-type: none"> <li>○ Wipe bench tops</li> <li>○ Wipe over door handles/ light switches</li> <li>○ Fold clothes</li> <li>○ Tidy room</li> </ul>
12:00-12:30	Regular homework routine	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Basic maths – times tables</li> <li>• Spelling activity</li> </ul>
12:30-1:30	Academic Learning	Set teacher tasks <ul style="list-style-type: none"> <li>• Online activity</li> <li>• Maths/ English activity</li> <li>• Typing Task</li> <li>• Reading</li> </ul>
<b>1:30-2:00</b>	<b>Afternoon Tea</b>	
2:00-3:00	Creative Time	Lego, drawing, music, cooking
3:00-4:00	Outdoor Activity	Outdoor play, bikes
<b>4:00 - Bedtime</b>	<b>Regular afternoon routines</b>	