



The Federation of

Stoke Hill Schools

Suggested daily timetable of activities for children who are learning remotely at Stoke Hill Nursery School.

Time	Activity
7.30am /8.00am	Get up and dressed, help with preparing breakfast. Brush your teeth and you are ready for the day!
9.00am	Read a story with your grown up and talk about the characters and the setting. Find the Communication and Language activity on the school website.
10.00am	Help to prepare a delicious snack and drink, don't forget to wash your hands first. Helping with any cutting and spreading will really make your pincer grip strong (this helps when you are learning to hold a pencil and draw or write).
10.30am	Quiet time: maybe make some playdough or play with some lego. This is the recipe that we use in the Nursery: 3 cups of flour, ½ cup of salt, ¼ cup of oil, 1 cup of warm water. Then add any food colouring, essence, petals or even cocoa powder and mix well.
11.00am	Have a look at the Mathematics activity on the website. You could also practice your counting. I wonder if you have a number puzzle or game at home that you could do.
12.00pm	Time for lunch. Help your grown up to prepare lunch and set the table, don't forget the washing up! Have a break after lunch, maybe read a story do some colouring.
1.00pm	Time to get busy again – find a Physical Development or Music activity on the website that you can join in with. You could sing some of your favourite songs and maybe have a go at making a musical instrument such as a shaker.
2.00pm	Last activity of the day, have a look at 'Understanding the World'. You may also like to find out some facts on Cbeebies with Andy or Maddie.
2.30pm – 3.00pm	Afternoon snack and free time.
3.00pm	Well done for some super learning today. Have a yummy tea, a relaxing evening and a warm shower or bath before bed. Don't forget to brush your teeth and choose a good story to share with your grown up before bed time.