











COVID-19 Daily Schedule whilst Hirst Wood Nursery School is closed

Before 9:00am	Wake up 	Eat breakfast, help to make your bed, get dressed (as independently as possible, building that repertoire of skills)
9:00-10:00	Exercise time 	Family walk (avoiding places where there are lots of people) Play in the garden. Play with pets / walk the dog
10:00-11:00	Learning time 	Ideas for learning together set by School
11:00-12:00	Creative time 	Lego, drawing, crafting, play music, cook, bake, etc.
12:00	Lunch 	Something healthy to keep the brain active
12:30	Chore time (Children might be able to help with some of the wiping)	A) Wipe kitchen table and chairs B) Wipe all door handles, light switches and desktops C) Wipe bathrooms – sinks and toilets
1:00-2:30	Quiet time 	Reading, puzzles, jigsaws
2:30-4:00	Learning time 	Ideas for learning together set by School Visit various website as suggested by school (see above)
4:00-5:00	Afternoon fresh air 	Bikes, scooters, walk the dog, play outside, sweep up the leaves in the garden. Count how many spring flowers you can see growing? How many birds?
5:00-6:00	Dinner 	Spend some time talking about the wonderful things you've done today. What new things have you learnt?
6:00- onwards	Free time	Doing what you like doing best
You to decide...	Bedtime story 	Enjoy a story together before children go to bed. Good night.