












Example timetable

Before 9am	Wake up		<p>Have breakfast Get dressed Brush your teeth Make your bed Tidy your room</p>
9am-10am	Exercise time		<p>If possible, morning walk or indoor exercise. Sensory processing, yoga, wake and shake, star jumps, fitbit steps up and down stairs etc</p>
10am-11am	Academic time		<p><u>No Electronics</u> School work packs, reading, writing a daily diary, sharing a book, writing a letter to a family member/friend, number games etc</p>
11am-12pm	Creative time		<p>Lego, drawing, painting, craft activities, singing, music, baking, cooking, completing brownie/ scout tasks etc</p>
12pm-1pm	Lunch/Relax		<p><u>Controlled electronics</u> Ipads, tablets, computer games, consoles keeping in mind online safety.</p>

Example timetable

1pm-1.30pm	Exercise time		Walking the dog, going for a jog, running around the garden, children's active songs/yoga online
1.30pm-2.30pm	Academic time		<p><u>No Electronics</u></p> <p>School work packs, reading, writing a daily diary, sharing a book, writing a letter to a family member/friend, number games etc</p>
2.30pm-3.00pm	Quiet time		Relax with a book, read to or with siblings, watch TV, play a board game etc
3.00pm-4.00pm	Fresh air		Outdoor play or exercise indoors
4.00pm-5.00pm	Electronics time		<p><u>Supervised Electronics</u></p> <p>Supervised educational games/apps etc</p>
5.00pm-6.00pm	Tea time		Enjoy tea time, relax, bath and prepare for bedtime story.