

TEMPORARY HOME SCHOOL TIMETABLE

STRESS-FREE DAILY PLAN FOR PARENTS

[HTTPS://MEFINITION.ORG](https://mefinition.org)
drmcowell@mefinition.org

Dr Michele McDowell
EDUCATION AND CHILD PSYCHOLOGIST

This is not an exhaustive list and can be adapted to suit each family, families with multiple age groups may need to be creative with timetable time to accommodate each child.


Your child's school maybe scheduling online classes at a specific time if this is the case you can interchange with other blocks of time.

Parents can adjust the timetable to accommodate their child's personality and age. For example younger or more active children may need shorter sessions with more frequent short breaks scheduled in.

There are lots of apps and online resources for each session.

Good Luck!!

If you have any questions about the timetable or need advice join this group

 ASK DR MICHELESUPPORT FOR PARENTS
WITH SCREENTIME AND GAMING

Wake Up/ Get Ready for the day: Shower: Get Dressed, Make Bed, Breakfast
Exercise, Garden walk, walking APP, trampoline, hula hoop, Yoga stretches etc,
<https://danceparent101.com>

Core Subject: Maths use: Lessons from school, and or online resources such as:
Twinkl.co.uk, CODE.org, or Khan Academy

Core Subject: English (include Reading time) Lessons from school, Twinkl.co.uk,
Education Perfect, Khan Academy, <https://classroommagazines.scholastic.com>,

Core Subject: Science: Khan Academy, Twinkl.co.uk, <https://popbug.co.uk/>
French/Spanish: <https://www.duolingo.com>

History: www.activehistory.co.uk, <https://www.eyerevolution.co.uk/museums/>

Geography: tutorful.co.uk; <http://www.geopolarised.com/>

Art: Make a video log, photography, and Crafts on Youtube, Finger painting, using nature

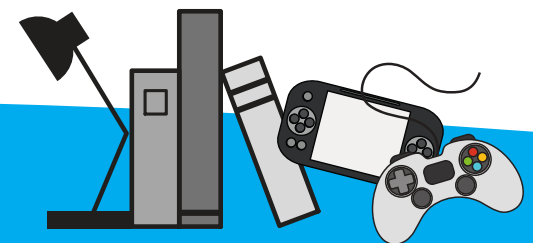
Break time: No electronics, physical exercise, jumping jacks, walking etc

Lunchtime Cooking time Preparing Meals with your child,

Quiet Time Meditation, Mindfulness, Gratitude list, guided meditation, puzzles,

Reading Time/ Story time :Reading Club/ perhaps have a book club online,
<https://www.storylineonline.net/>

Free time Electronics, games, connecting with friends using skype, google etc/ Dinner
family time and social time; watch a movie, boardgames, Lego, music instrument practice,
dance time,



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	Between 7.30 and 8.30am	8.30am till 9am	9 am to 10.15am	10.15am to 10.45am	10.45am to 12pm	12pm to 1pm	1pm to 1.30pm	1.30pm to 3pm	3pm to 3.30pm	3.30 to 4pm	4pm to 4.30pm	4.30pm to 7.30pm	7.30 to 9pm
MON	Wake up	Exercise	Maths	Break time	English	Lunchtime	Quiet Time	Science	Reading Time	Exercise	Snack time	Free time	Bedtime
TUES	Wake up	Exercise	Maths	Break time	English	Lunchtime	Quiet Time	French/ Spanish	Reading Time	Exercise	Snack time	Free time	Bedtime
WED	Wake up	Exercise	Maths	Break time	English	Lunchtime	Quiet Time	History, Geography	Reading Time	Exercise	Snack time	Free time	Bedtime
THURS	Wake up	Exercise	Maths	Break time	English	Lunchtime	Quiet Time	Science	Reading Time	Exercise	Snack time	Free time	Bedtime
FRI	Wake up	Exercise	Maths	Break time	English	Lunchtime	Quiet Time	Art	Reading Time	Exercise	Snack time	Free time	Bedtime

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 ASK DR MICHELE ...SUPPORT FOR PARENTS WITH SCREEN TIME AND GAMING

