Our plan for the day

By 9.00am	Get up and going	• Wake up • Eat breakfast • Get dressed and brush teeth • Make bed
9.00 – 10.00	Exercise time	• Go for a walk or ride a scooter/bike • Kick or throw a ball • Jump on trampoline or skip rope • Do some stretching or yoga
10.00 – 12.00	Learning time	• Do some educational activities together • Include some 'brain breaks' i.e. listening to one song while doing a dance, doing 'heads, shoulders, knees and toes' or play 'Simon says'
12.00 – 12.30	Lunch	• Get kids to help set the table • Sit down and eat lunch with them
12.30 - 1.00	Helping out	• Chores and jobs to help around the house or garden – fold washing, tidy toys, rake leaves, empty dishwasher etc
1.00 – 2.00	Free time	• Use iPad, play games, read a book, listen to music, watch TV
2.00 – 3.00	Creative time	• Arts and crafts activities • Do a performance or choreograph a dance • Make up a new game • Do face painting • Playdough, kinetic sand • Build a card tower
3.00 - 3.30	Contact someone	• Video call • Make a video on your phone • Write a letter or send an email
3.30 – 4.30	Play time	• Ride bike, scooter or skateboard • Go on a nature hunt • Do sensory activities • Draw with chalk on paving
4.30 – 5.30	Free time	• Use iPad, play games, read a book, listen to music, watch TV
5.30 - 7.00	Dinner time	• Help prepare dinner, set the table, sit down and eat and then help do dishes
7.00 - bedtime	Pre-bed routines	• Bath/shower, brush teeth and put pyjamas on • Read stories • Watch TV or movie together • Play a board game • Discuss the highlights of the day and plans for tomorrow

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Believing In Children, Young People, Families & Their Future.

Plan your day - you can print and use this one or make one yourself as part of your creative time!

Names: _____

This is what we've got planned.