

## Home Learning Timetable

7-8am:

- Wake up and make my bed with some help.
- Get washed and dressed naming body parts as I go.
- Tidy my bedroom with some adult reminding.

8-9am:

- Make my breakfast with some help.
- Eat my breakfast nicely with my adult.
- Help my adult do the washing and drying up.

9-10am:

- Exercise Time! Jump on a trampoline, watch yoga (Cosmic Kids on YouTube is great!) or go for a walk.
- Sing some nursery rhymes or read a fairytale.

10-11am:

- Make a snack and help do the washing up afterwards.
- Paint or draw a picture. Can you write a label?

11-12am:

- Choosing time! Play a game with an adult or sibling, play on your iPad or play with your favourite toys.

12-1pm:

- Lay the table for lunch.
- Help your adult make your lunch and help tidy away.

1-2pm:

- Complete a learning task set by your adults – it may be Maths, Literacy or Topic.

2-3pm:

- Share a story with your adult. Make puppets or act out the story afterwards. Maybe you could even make your own book?