



Exploratory Phase

To support you and our learners during this difficult time we have put together an idea of the type of timetable and some activities you could prepare and work on at home. You can choose to use these as are appropriate to your family.

We realise that being at home for a prolonged period may be challenging and have based the ideas, loosely around our working day in order to give you ideas in terms of your child's usual timetable.

Time	Activity	Purpose
7.00-7.45am	Wash hands Have breakfast Clean up	Making a choice Eating/Feeding skills Independence and self-help skills
7.45am-8.45am	Get washed Get dressed Brush my teeth	Independence and self-help skills
8.45-9.00am	Choose an activity/object I like	Making a choice Having fun
9.00-9.40am	10 minutes – running, jumping, bouncing, spinning 10 minutes – walking, crawling, rolling 20 minutes – calm time: massage, lie down, listen to calm music.	Sensory integration – get my body ready for learning!
9.40-9.50am	Listen/sing to Good Morning song and Hows the Weather song on YouTube	Morning routine Looking skills (look out of the window and talk about the weather).
9.50-10.00am	Put my outdoor clothes on – coat, wellies, hat, gloves etc.	Independence and self-help skills
10.00-10.30am	Play outside – in my garden, yard or local park.	Play/social skills with my family members.
10.30-11.00am	Wash my hands Snack time	Making a choice Eating/Feeding skills Independence and self-help skills
11.00-12.00pm	Work on my PLP targets through sitting and focusing AND through PLAY!	My personal learning skills.
12.30pm-1.00pm	Play outside – in my garden, yard or local park.	Play/social skills with my family members.
12.00-12.30pm	Wash my hands Lunch time	Making a choice Eating/Feeding skills Independence and self-help skills
1.00-1.40pm	10 minutes – running, jumping, bouncing, spinning 10 minutes – walking, crawling, rolling 20 minutes – calm time: massage, lie down, listen to calm music.	Sensory integration – get my body ready for learning!
1.40-2.15pm	Work on my PLP targets through sitting and focusing AND through PLAY!	My personal learning skills.
2.15-2.30pm	Reading a book	Reading skills Turn pages Enjoy a story with my family members.
2.30-3.00pm	Relax through massage, lie down, yoga, listening to calm music	My emotional well-being.
3.00-3.30pm	Afternoon snack	Offer choices, if your child doesn't eat this can be an opportunity for sensory food play.
3.30pm onwards	Free time	
	Tea time	
	Free time	
	Bed time	Try and keep to a bedtime routine, an early night and an early start will help your days to be more productive and enjoyable.