

Dear families,

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 – 8.00	Getting washed and dressed	<ul style="list-style-type: none"> Independence skills
8.00 – 8.30	Breakfast	<ul style="list-style-type: none"> Using and applying their number knowledge (setting enough places for the family) Fuel for the day Try one new textures/ food Using cutlery to spread, eat etc
8.30 – 9.00	Washing up and cleaning	<ul style="list-style-type: none"> Independence skills
9.00 – 10.00	Working on PLP targets	<ul style="list-style-type: none"> Personal skill development
10.00 – 10.15	Free play	<ul style="list-style-type: none"> Structured choices of 4 different activities, encourage engagement for periods appropriate to their stage of development
10.15-10.30	snack	<ul style="list-style-type: none"> Using and applying their number knowledge (setting enough places for the family) Fuel for the day Try one new textures/ food Using cutlery to spread, eat etc
10.30 – 11.15	Working on PLP targets	<ul style="list-style-type: none"> Personal skill development
11:15 – 11:45	Physical activities: Just dance (Youtube) Walk a mile (Youtube) Carrying items as part of clearing up Yoga	<ul style="list-style-type: none"> To help children self-regulate To help calm them before lunch time To promote good physical well-being, balance and co-ordination
11.45-12.00	Helping to prepare lunch	<ul style="list-style-type: none"> Chopping, spreading (fine motor skills) independence skills. Number skills as breakfast.
12.00 -1.00	Lunch time / free play	<ul style="list-style-type: none"> As breakfast / snack time
1.00 - 2.00	Working on PLP targets	<ul style="list-style-type: none"> Personal skill development
2-2.30	Free play / playing games with an adult such as snap, board games, role play or simple counting games	<ul style="list-style-type: none"> Personal skill development
2.30 -3.00	Sharing stories and songs appropriate to their stage of development and	<ul style="list-style-type: none"> Literacy, language and communication development
Free time and bed time		Try to keep to a bedtime routine, an early night and an early start will help your days to be more productive and enjoyable.

