

Experiential Phase

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
	Wake up/ breakfast	Start the day nice and early! Try to avoid pyjama days!
	Getting ready for the day! Wash Clean teeth Wash hands	Make personal hygiene part of a routine and fun. There are lots of songs on YouTube about washing hands and brushing teeth!
9.30 – 10.30	Activity 1 PLP work	This is a perfect time to work on your child's Personal Learning Plans
10.30 - 11.00	Mid-morning snack	
11.00 – 12.00	Activity 2 Messy Play	There are lots of messy play activities on line using ingredients from your store cupboard – see your home learning booklet
12.00-1.30	Lunch time	
1.30 – 2.00	Relax Sound bath (YouTube)	Make time to reflect and relax – let's look after our mental health
2.00-3.00	Activity 3 Story Time	Sharing stories is so much fun! Try audio books on you tube
3.00-4.00	Afternoon snack	Offer choices, if your child doesn't eat this can be an opportunity for sensory food play.
	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.