

# Self Isolation Activities

Before 9am	Wake up	Eat breakfast, make your bed, get dressed, put away laundry
9-10am	Morning walk	Family walk (describing where you are going, what can you see, what mathematical vocabulary can you use)
10-10.45am	Learning time	Writing journal
10.45-11am	Break time	Run around the garden, set up a game
11-12noon	Creative time	Sing songs, create some art, do a sculpture, papier mache
12noon	Lunch	Set up a game of cricket, rounders, chase
12.30pm	Reality check!	Wash up, clear away table, put dishes away
1pm	Quiet time	NO SCREENS Read a book, do a puzzle, listen to some music, lie in the garden and listen
1.30pm	Learning time	Maths journal
3.30pm	Fresh air time	Ride a bike, go for a dog walk, go to the park
4.30pm	Cooking	Prepare/cook dinner or a pudding
5pm	Reality check	Set table for dinner
6pm	Family time	Have some fun together, do a quiz, play a board game
8pm	Rest time	Get ready for bed and the day ahead tomorrow!