Suggested timetable

This is a trying time for parents and children at home who are trying to be teacher/parent student/child. We have drawn up a suggested timetable which may help. Keep in mind that during the school day children have natural breaks. It may be to change lessons, equipment to change classrooms. For this reason, we have included extra breaks into the time table which you may consider when creating your own.

WAKE AND SHAKE
LESSON 1
BREAK
LESSON 2
BREAK
LESSON 3
LUNCH
LESSON 4
REWARD TIME

Break Ideas

- A run around the garden
- A chat with someone at home
- Have a look outside to see what you can spot
- Listen to some music
- Draw or colour
- Complete a word search
- Complete a meditation
- Watch a short YouTube video
- Lay down and close your eyes for 5minutes
- Eat/drink something
- Find some resources on our Home Learning Page

Tip: Don't let breaks be too engaging or fun that children will not be able to complete them or be unwilling to return to work.