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|  |  | Suggested activities |
| By 9am | Rise and shine! | Eat breakfast, make your bed, wash your face, brush your teeth. We’re ready for the day! |
| 9-10am | School work | Try a few pages from the school workbooks (English/phonics and Maths) |
| 10 – 10:30am | Exercise and snack | Walk your dog, try some yoga, run around the garden, follow an exercise video, Just dance, Joe Wicks, Amaven |
| 10:30 – 11am | Recall: Spellings, number bonds, times tables | TT Rockstars, Spelling Frame, Scrabble, Boggle, dice games |
| 11 – 12 noon | Creative time | Crafting, junk modelling, baking or cooking, lego, construction, listen to music, compose or practise your instrument, sing, make a movie |
| 12 – 1pm | Lunch | Help prepare and clear away |
| 1 – 2pm | School work | Pages from workbooks or online learning Mathletics, BBC Bitesize – see the list of suggested links on the school website including History, Geography, Science |
| 2 – 2.30pm | Exercise or fresh air | Gardening, bird watching, bounce a ball, skip, hopscotch with chalks |
| 2.30 – 3pm | Chores | Fold the laundry, wipe down surfaces, tidy your room, wash dishes, hoover |
| 3 – 3.30pm | Quiet time | Curl up with a good book, or listen to free audiobook on Audible, try a puzzle, wordsearch, Sudoku, crossword |