

Suggested Daily Schedule

8.45am – 9.00am	Morning Fitness	Skipping, yoga, Go Noodle, outdoor play
9.00 am – 10.00 am	Academic Time	Home learning activities, reading, study
10.00 am – 11.00 am	Snack and Creative Time	Eat a healthy snack. Creative play, drawing, Legos, crafts, music, cooking, baking, puzzles.
11.00 am – 12.00pm	Academic Time	Home learning activities, reading, study
12.00 pm – 12.30 pm	Lunch	
12.30 pm – 1.30 pm	Academic Time	Home learning activities, reading, study
1.30 pm – 2.30 pm	Creative Time	Creative play, drawing, Lego, crafts, music, cooking, baking, puzzles.
2.30 pm – 3.00 pm	Quiet Time	Mindfulness, silent reading, reflections