

Suggested Daily Activity - Home Learning Routine

Time	Suggested Activity
Before 9.00am	Wake up. Brush teeth, make bed, eat breakfast etc.
9am	Plan for the day ahead
10am	Academic / Learning time
11am	Wellness Check-in - Hobbies / Interests - Helping Out at Home
12pm	Get moving and eat lunch
1pm	Downtime and rest
2pm	Free-choice reading and snack
3pm	Get moving
4pm	Wellness Check-in - Hobbies / interests - Helping Out at Home
5pm - on	Family time and dinner
	<i>Adapted from an online Home Learning Routine timetable</i>