



At-home timetable example for you to use with your children – discover more on this website.

	8.30 - 9am	9 - 10am	10-11am	11am - 12pm	12 - 1pm	1 - 2pm	2 - 3pm	3 - 5pm
Mon	Wake up, shake up and get ready for the day!	Get creative Choose from over 30+ craft ideas on our blog	Mindful moment It's a bit strange isn't it? Take an hour to talk, do yoga, or meditate	Cooking Learn some helpful skills in the kitchen, by preparing a tasty lunch	Lunch time!	Brain building Use your school's recommended online learning tool and complete tasks	Reading corner Try a new book or re-read an old favourite	Free time! Use this time to relax and unwind in whatever way they choose
Tues	Wake up, shake up and get ready for the day!	Brain building Use your school's recommended online learning tool and complete tasks	Culture club Use Google Maps or museum tours to see some famous world sights from home	Reading corner Try a new book or re-read an old favourite	Lunch time!	Get creative Choose from over 30+ craft ideas on our blog	Active hour Do something energetic - play Simon Says with a grown up	Free time! Use this time to relax and unwind in whatever way they choose
Wed	Wake up, shake up and get ready for the day!	Reading corner Try a new book or re-read an old favourite	Brain building Use your school's recommended online learning tool and complete tasks	Mindful moment It's a bit strange isn't it? Take an hour to talk, do yoga, or meditate	Lunch time!	Culture club Learn 10 new words in a different language, like French or Spanish	Get creative Choose from over 30+ craft ideas on our blog	Free time! Use this time to relax and unwind in whatever way they choose
Thurs	Wake up, shake up and get ready for the day!	Active hour Do something energetic - YouTube has some great workouts for kids	Brain building Use your school's recommended online learning tool and complete tasks	Get creative Choose from over 30+ craft ideas on our blog	Lunch time!	Reading corner Try a new book or re-read an old favourite	Culture club Get a map and choose 5 countries, learn a fun fact about each	Free time! Use this time to relax and unwind in whatever way they choose
Fri	Wake up, shake up and get ready for the day!	Brain building Use your school's recommended online learning tool and complete tasks	Reading corner Try a new book or re-read an old favourite	Active hour Do something energetic - why not try a treasure hunt at home?	Lunch time!	Get creative Choose from over 30+ craft ideas on our blog	Mindful moment It's a bit strange isn't it? Take an hour to talk, do yoga, or meditate	Free time! Use this time to relax and unwind in whatever way they choose

Discover 100 indoor activities for kids to do at home at www.dayoutwiththekids.co.uk