













## Timetable Ideas for Parents

Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See ' <i>Exercise Ideas</i> ' on page 3.
10 – 11am	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
11 – 12pm	Creative Time		Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. <b>Please remember online safety and supervise your children.</b>

1pm - 1:30pm	Exercise Time		See ' <i>Exercise Ideas</i> ' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of <a href="#">Websites and Apps</a> on page 3).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.

## Sensory Processing and Exercise Ideas

- Jump on trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities:  
<https://www.gonoodle.com/>
- Dance along to a 'Just Dance' video on YouTube
- Jack Hartmann Kids Music Channel on YouTube
- Kids Yoga on YouTube
- Cosmic Kids Yoga on YouTube
- Play Dough

## Websites and Apps

- Barefootscas.org.uk
- Communication4all
- Woodlands Resources
- BBC Bitesize
- Letters-and-sounds.com
- Phonicsplay.co.uk
- Ictgames.com
- Topmarks.co.uk
- Nrich.maths.org
- Science Kids
- Sciencebob.com
- Stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources/TES (register for free)
- Primaryresources.co.uk
- Teachingideas.co.uk
- Theteacherscorner.net
- Kidszone
- Sparklebox
- Dkt-kids.com
- Bigactivities.com
- Thelittleactivitiesthest.com
- Activity Village
- Early Years' Experience
- Ichild.co.uk
- Education.scholastic.co.uk
- Senicsoftware.co.uk
- Show.me.uk
- Go Noodle