Example timetable

5.6.0	147.1		11 1 16 .
Before 9am	Wake up		Have breakfast
			Get dressed
			Brush your teeth
		A TOTAL CONTRACTOR OF THE PARTY	Make your bed
			Tidy your room
9am-10am	Exercise time	ARAN	If possible, morning
			walk or indoor
			exercise. Sensory
			processing, yoga, wake
			and shake, star jumps,
			fitbit steps up and
			down stairs etc
10am-11am	Academic time	• SAMA HEODINO	No Electronics
			School work packs,
			reading, writing a daily
			diary, sharing a book,
			writing a letter to a
		a Selle	family member/friend,
		·. V.	number games etc
11am-12pm	Creative time		Lego, drawing,
			painting, craft
	P	De a	activities, singing,
		Creative	music, baking, cooking,
			completing brownie/
		1301	scout tasks etc
12pm-1pm	Lunch/Relax		Controlled electronics
			Ipads, tablets,
		(· · · ·)	computer games,
			consoles keeping in
			mind online safety.

Example timetable

1pm-1.30pm	Exercise time		Walking the dog, going
1pm-1.30pm	LXEICISE (IIIIE		for a jog, running
			• •
			around the garden, children's active
		CALALAVA	
		A	songs/yoga online
1.30pm-2.30pm	Academic time	SARAH PECCAINO	No Electronics
			School work packs,
		0	reading, writing a daily
			diary, sharing a book,
			writing a letter to a
		S Selle	family member/friend,
		· W-	number games etc
2.30pm-3.00pm	Quiet time	LET YOUR SELF	Relax with a book, read
		OUT	to or with siblings,
			watch TV, play a board
		7 500	game etc
2.00 4.00	- L -	in the state of th	
3.00pm-4.00pm	Fresh air		Outdoor play or
			exercise indoors
		shitterstock.com = 2088376392	
4.00pm-5.00pm	Electronics time		Supervised Electronics
			Supervised educational
			games/apps etc
5.00pm-6.00pm	Tea time		Enjoy tea time, relax,
			bath and prepare for
			bedtime story.
		shutterstock.com • 237742327	