

8am-9am	Wake up Shower Get dressed Brush teeth Make your bed and tidy your room Have breakfast Wash hands
9-930am	Indoor exercise - Joe Wicks physical exercise <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a> Outdoor exercise – walk, run, cycle Wash hands
930-1015am	<b>Learning work set by school on SMHW for period 1</b>
1015-1030am	Wash Hands - Prepare and eat a snack following the Eatwell guide <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a> Wash hands
1030-11am	Creative time -music, art, bake, cook.
11-1145am	<b>Learning work set by school on SMHW for period 2</b>
1145-1215pm	Outside fresh air walk/ footie/ exercise/ bike Wash hands
1215-1pm	<b>Learning work set by school on SMHW for period 3</b>
1-130pm	Wash Hands - Prepare and eat a meal following the Eatwell guidelines <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a> Wash hands
130-215pm	<b>Learning work set by school on SMHW for period 4</b>
215-245pm	Quiet time Reading, drawing, puzzles
245-330pm	<b>Learning work set by school on SMHW for period 5</b>
330-5pm	Outside fresh air walk/ footie/ exercise/ bike Wash hands
5-6pm	Wash Hands - Cook dinner together following the Eatwell guidelines <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a> Wash hands
6-8pm	Relax – TV/ Tech time!
8-9pm	Bed – read and sleep NO Tec! <a href="https://www.sleep.org/articles/ways-technology-affects-sleep/">https://www.sleep.org/articles/ways-technology-affects-sleep/</a>