



### Suggested COVID – 19 Self isolation schedule!

Before 9.00am	Wake up	Eat breakfast, make your bed, get dressed and put pj's in the laundry
9.00 – 10.00	Morning walk	Family walk, walk the dog, yoga if it's raining (YouTube vids out there)
10.00 – 11.00	Academic time	NO ELECTRONICS (unless on Purple mash) Purple Mash, visit the website for some maths tasks
11.00 – 12.00	Creative time	Lego building, drawing, crafting, painting, playing music, cooking and baking. Visit purple mash for creative tasks
12.00	Lunch	
12.30	Chore time	A – wipe down the kitchen table and chairs B – Wipe the door handles, light switches and work tops C – tidy bedrooms and any other jobs the family needs
1.00 – 2.30	Quiet time	Reading, puzzles, nap
2.30 – 4.00	Academic time	ELECTRONICS OK IPad games, purple mash, literacy tasks
4.00 – 5.00	Afternoon fresh air	Bikes, walk, garden time
5.00 – 6.00	Dinner	
6.00 – 7.00/8.00	Free TV/Play time	Time for showers / baths
7.00/8.00	Bedtime	