**Daily Timetable**

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| **Before 9:00 AM** | **Wake up!** | **Make your bed, eat breakfast, brush teeth, get dressed. Remember to wash hands really well!** |
| **9:00-10:00** | **Outdoor Time** | **Family walk or outdoor play (include snack for younger children). Remember to wash hands really well!** |
| **10:00-11:00** | **Learning Time** | **No Electronics! Reading, homework, study, puzzles, journal. Remember to wash hands really well!** |
| **11:00-12:00** | **Creative Time** | **Creative play, drawing, Legos, crafts, music, cooking, baking. Remember to wash hands really well!** |
| **12:00-12:30** | **LUNCH** | **Remember to wash hands really well!** |
| **12:30-1:00** | **Home Chores/Jobs** | **Clean rooms, put away toys, take out rubbish, pet care. Remember to wash hands really well!** |
| **1:00-2:30** | **Quiet Time** | **Reading, nap, puzzles, yoga. Remember to wash hands really well!** |
| **2:30-4:00** | **Learning Time** | **Electronics OK! Educational games, online activities, virtual museum tours. Remember to wash hands really well!** |
| **4:00-5:00** | **Outdoor time** | **Family walk or outdoor play. Remember to wash hands really well!** |
| **5:00-6:00** | **Dinner time** | **Family dinner, help with clearing up and washing up. Remember to wash hands really well!** |
| **6:00-7:00** | **Bath time** | **Bath or shower. Pet care. Remember to wash hands really well!** |
| **7:00-8:00** | **Reading/TV time** | **Relaxing before bedtime. Remember to wash hands really well!** |
| **7pm onwards** | **Bedtime** | **Put on PJs, brush teeth, clothes in laundry. Remember to wash hands really well!** |