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| 9:00 – 10:00 | PE/Exercise | Cosmic Kids Yoga, Go Noodle, Supermovers, play outside |
| 10:00-10:15 | Reading | Share a story with your child. |
| 10:15-11:00 | Learning Time – no electronics | Choose an activity from the home learning pack or create your own. |
| 11:00 – 12:00 | Creative Time | Drawing, lego, craft, music, cook/bake |
| 12:00 – 1:00 | Lunch | You could help make your own lunch and help put it away. |
| 1:00 – 1:15 | Handwriting | Practise letter and number formation. |
| 1:15 – 2:30 | Learning Time –electronics OK | Choose an activity from the home learning pack or create your own. |
| 2:30-3:00 | PE/Exercise | Cosmic Kids Yoga, Go Noodle, Supermovers, play outside |
| 3:00 onwards | Play Time | Relax and choose your own fun  Tidy away your toys and talk about your day |

Example Daily Timetable

You could help to look for after family pets. Maybe grow some plants and help your grownups in any way you can – look after each other. ☺