

DAILY SCHEDULE

TIME	ACTIVITY	ELABORATION
07:00	Time to wake up, do your morning routine	Have a slow, peaceful/mindful morning start that suits everyone in the room
08:00	Get ready	Change out of pajamas into a comfortable outfit, make the bed, pick up from morning play
08:30	Have breakfast	Take time to sit down together. If the family is in separate rooms, then call each other to say good morning
08:55	5-min room tidy-up	Quickly clean surfaces so you are ready to work, play, or do whatever is on the program
09:00	Time for exercise - yoga/dance/skipping	Make exercise stations so you can swap places. Everyone do their preferred exercise.
09:30	Break/Snacktime	Everybody to yourself and do what you feel like
10:00	Time to do your work/reading/learning	Set a timer and all work & learn uninterrupted
11:00	Get Crafting	Work together or alongside each other on your creative projects
12:00	Lunch	Eat as a family
12:30	Chores	Laundry/do the dishes/clean the room
01:00	Quiet time	Read a book/listen to podcast/Take a nap
02:00	Writing	Write a fairy tale, a diary, a short story
03:00	Snack	Break out the apples
03:30	Digital Learning Kids Choice	Use screens for educational activities
05:00	Get up and jump	Karaoke/Dance time/skipping rope challenge
05:30	Break	Relax in your own corners
06:00	Dinner	Eat as a family - maybe with someone else in quarantine or family abroad
06:30	Games	Board games, cards,
07:00	Free time	Enjoy free time
08:30	Bedtime for kids	Keep to a schedule so grown up have time to themselves and kids keep a routine.