

Suggested Daily Timetable

<i>Before 9am</i>	<i>Wake Up</i>
<i>9am-10am</i>	<i>Movement/Exercise Time—walk outside, play in the garden, yoga etc.</i>
<i>10am-11am</i>	<i>Academic Time (No electronic devices)</i>
<i>11am-12pm</i>	<i>Creative Time</i>
<i>12pm-1pm</i>	<i>Lunch and House Chores—eg. Clear lunch, wash up, tidy bedroom etc.</i>
<i>1pm-2.30pm</i>	<i>Quiet Time—story sharing, reading, puzzles</i>
<i>2.30pm-4pm</i>	<i>Academic Time (Electronic devices okay)</i>
<i>4pm-5pm</i>	<i>Afternoon Fresh Air- bikes, walk the dog, play outside</i>
<i>5pm-6pm</i>	<i>Dinner</i>
<i>6pm-8pm</i>	<i>Free time/ TV time</i>
<i>By 8pm</i>	<i>Bedtime</i>