



**Keeping a routine over the next few weeks is important; it helps children feel secure and gives them some ownership of their time and responsibilities.**

**This timetable is a suggestion, and children still coming to school will follow something very similar. Please adapt it to suit your circumstances.**

08:00 – 08:30	Wake up
08:30 – 09:00	Breakfast
09:00 – 09:30	Morning walk
09:30 – 10:30	Learning time
10:30 – 11:00	Morning break
11:00 – 12:00	Creative time
12:00 – 12:30	Lunch time
12:30 – 13:00	Quiet time
13:00 – 13:30	Chore time
13:30 – 14:30	Learning time
14:30 – 15:30	Project or experiment time, including Makr Mat activities
15:30 – 16:00	Afternoon walk
16:00 – 17:00	Free time
17:00 – 18:00	Family dinner
18:00 – 20:00	Free Time
20:00	Bed

**If your child uses symbols to help to communicate this timetable and the timetable used in school are available in Communicate In Print.**