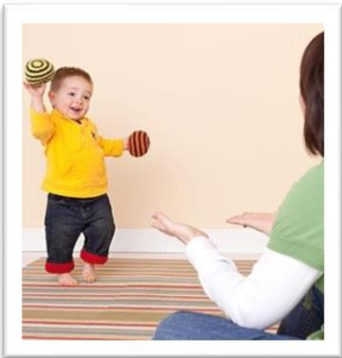


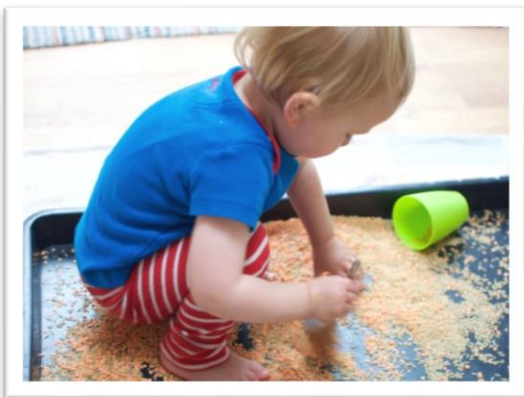
My Daily Timetable

Time	What are we doing today	Example activities
7am -8.30am	Wake Up 	Follow your normal routine: • Breakfast • Brushing Teeth • Washing • Getting Dressed   <i>Routines help children (and adults) to feel safe and secure in knowing what's happening next. The repetition of activities in a routine provided opportunities for children to learn and develop new skills.</i>
8.30am -9.00am	Movement Activity 	• Yoga • Ball play • Obstacle  • Tightrope with tape (balancing) • Stepping stones • Dancing /movement   <i>See Gross Motor activity sheet</i>

My Daily Timetable

9.30am -10am

Play / choosing activity



- Water play (sponges, washing dollies/pouring, filling)
- Playdough
- Sand play
- Painting/Drawing

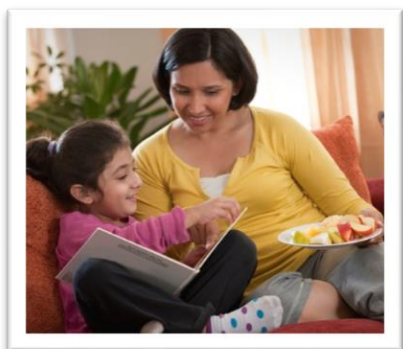
Add objects in the home or toys to make activities more engaging and fun for your children e.g. bottles for pouring and pans for filling.



See activity sheets to make your own playdough, moon sand, bubbles or coloured rice.

10-10.45

Story & Snack



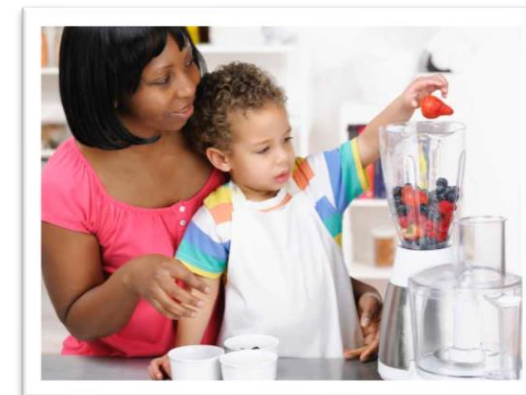
- Favourite books /rhymes (*Suggested songs in nursery rhyme activity sheet*)
- People Games (*See people game activity sheet*)



My Daily Timetable

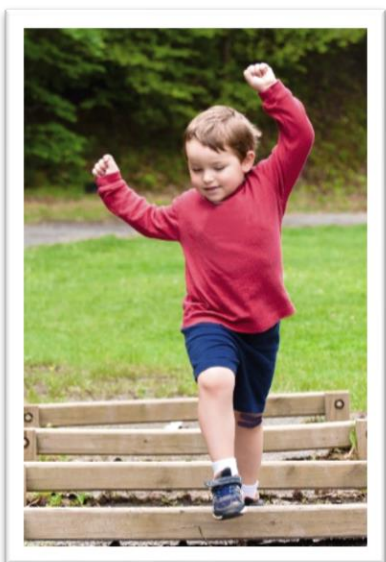


- Chopping fruit/vegetable
- Make fruit smoothies
- Make fruit kebabs

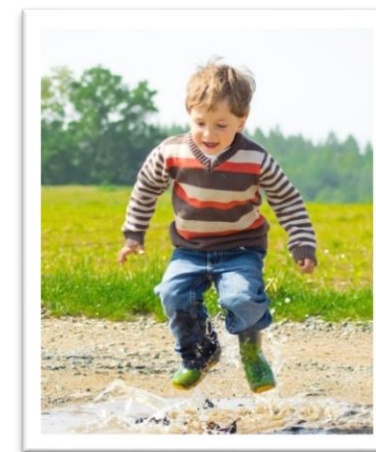
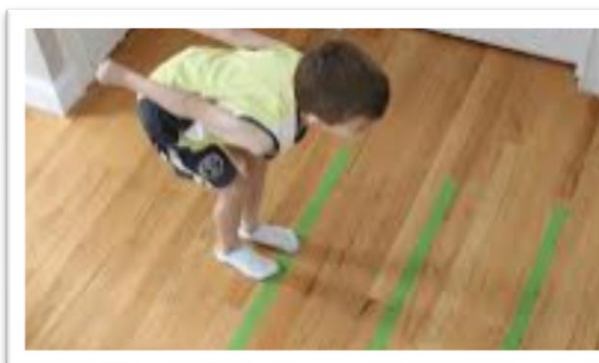


10.45am-
11.15am

Movement Break



- Walking in the garden
- Stretching
- Jumping Jacks
- Roly poly
- Balloon Tennis (*see activity sheet*)



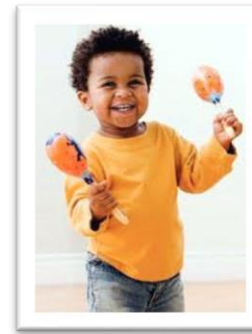
My Daily Timetable

11.15am -
11.30am

Songs & Action Rhymes



(See songs booklet)



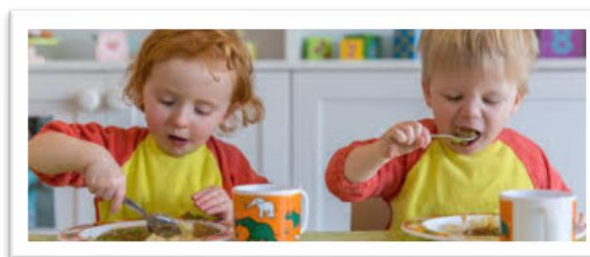
Use instruments or make your own music shaker by adding rice or lentils in a bottle

11.30am- 12.15pm

Lunch/Relax

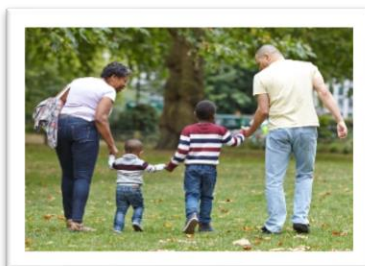


Follow your normal routine and have some quiet time.



12.30-1pm

Movement Break



Walk in garden *(See ideas above for movement break indoors)*

My Daily Timetable

1pm -2pm	Play /choosing activity 	Activities - see activities sheet or above  
2pm -2.30pm	Creative activity 	Activities - see activities sheet or above • Painting • Jelly play • Playdough • Cornflour play
2.30pm-3pm	Movement Break	(See movement break ideas above)

My Daily Timetable

My Daily Timetable