

Daily Schedule

Time		Activity
Before 9.00am	Wake up	Get dressed, wash, make bed, eat breakfast
9.00-10.00	Morning fresh air	Garden/outside time
10.00-11.00	Learning time	
11.00-12.00	Creative time	Lego, drawing, colouring, music, dance, cooking
12.00	Dinner	
12.30	Chore time	Help with household chores
1.00-2.30	Quiet time	Reading, colouring, nap
2.30-4.00	Learning time	
4.00-5.00	Afternoon fresh air	Garden/outside time
5.00-6.00	Tea	
6.00-8.00	Free time	TV / PS / xBox
8.00	Bedtime	All kids - shower/bath, clean teeth and go to bed
9.00pm	Bedtime	All kids who follow schedule & don't fight

