



My Daily Routine

Tick off



**Keeping safe,
happy and
healthy**

Before 9am: Wake up, make your bed, wash your hands and face, brush your teeth, get dressed and eat breakfast.

9-9.30: Join in with Joe Wickes for a wake and shake. Enjoy!

9.30-10.30: Learning time from our home learning for your child.



Talking

10.30-11: Healthy snack and talk time. Wash your hands first!

11-12: Creative time - Lego, drawing, craft, play music, cook or bake etc.

12: Lunch. Wash your hands first!



Together Time

12.30-1: Chore time - Clean up after lunch. Wipe all door handles, light switches and worktops.

1-2: Quiet time - Reading and sharing books and stories. Retelling stories with toys and making up new stories.



**You can do it!
Try your best**

2-3: Learning time from our home learning for your child.

3-5: Afternoon fresh air: Bikes, scooter, walk the dog, play outside, go for a jog... exercise!

5-6: Dinner. Wash your hands first! Sit together, eat and chat. How can you help to prepare the meal?



Eat well

6-6:30: Time for your hobby. You deserve it!

6:30-7: Family time (you might want to play a board game together or something different) followed by bath or shower time.



Sleep well

7: Bedtime – Snuggle up and listen to a story. Talk about the day and plan the next day.

7.30: Lights out, goodnight, a cuddle and a pat on the back for following 'My Day'.