

Before 9am	Wake up	Eat breakfast, make your bed, get dressed etc.
9-10am	Exercise	Go for a walk, Yoga, Dance, Joe Wicks etc.
10-11am	Academic Time	Completing work that has been set Study Guides, Journals
11am-12pm	Creative Time	Topic work, Colouring, Lego, Drawing, Crafts, Play music, Cook or bake etc.
12pm	Lunch	
12.30pm	Chore Time/Community Work	Chores around the house or helping out the community
1-2.30pm	Quiet Time	Reading, Puzzles etc.
2.30-4pm	Academic Time	Completing work that has been set Study Guides, Journals
4-5pm	Exercise	Go for a walk, Yoga, Dance, Joe Wicks etc.