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| **TIME** | **ACTIVITY** | **DETAILS** |
| 08.00 – 08.40 | Wake up | Make your bed, shower, get dressed, eat breakfast |
| 08.40 – 09.35 | Lesson time**\*** | Lesson 1: Google classrooms/packs of work |
| 09.35 – 10.30 | Lesson time**\*** | Lesson 2: Google classrooms/packs of work |
| 10.30 – 10.50 | Exercise | Get some fresh air – go for a walk, try yoga, take the dog outside, create a dance routine |
| 10.50 – 11.45 | Lesson time**\*** | Lesson 3: Google classrooms/packs of work |
| 11.45 – 12.40 | Lesson time**\*** | Lesson 4: Google classrooms/packs of work |
| 12.40 – 13.10 | Lunch time | Eat something nutritious – chat with family/siblings, be in touch with friends |
| 13.10 – 13.40 | Creative time**\*** | Draw, bake, play an instrument, cook, write a poem, start a novel, complete a crossword, do a jigsaw puzzle, take photos, etc. |
| 13.40 – 14.35 | Lesson time**\*** | Lesson 5: Google classrooms/packs of work |
| 14.35 – 15.30 | Lesson time**\*** | Lesson 6: Google classrooms/packs of work |
| 15.30 – 15.55 | Platform learning 1**\*** | Use Hegarty, Tassomai, Seneca, etc. to complete 25 minutes a day |
| 15.55 – 16.15 | DEAR time**\*** | Drop Everything and Read with a book of your choice, read for 20 minutes and complete one of the activities |
| 16.15 – 16.30 | Chores time**\*** | Help out with jobs around the house – keep the place as clean as possible. Tidy your room etc. |
| 16.30 – 17.15 | Fresh air | Get outside again – go for a walk, a jog, take a cycle in a park |
| 17.15 – 18.00 | Dinner time**\*** | Eat, chat, spend time with loved ones |
| 18.00 – 18.30 | Platform learning 2**\*** | Use Hegarty, Tassomai, Seneca, etc. to complete 20 minutes a day |
| 18.30 – 21.00 | Free time | Use this time to chill out, play games, watch a movie, listen to music, be with family. |
| 21.00 | Go to bed**\*** | Get some good sleep – keep healthy and rest |

***\*****No phones during these times*

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|  | Home, routines, exercise |
|  | Lesson & creative time |