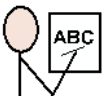
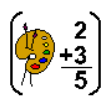


Recommended Timetable for Remote Learning

8am	9 – 9.30am	9.30 – 10am	10 – 11am	11 – 11.15am	11.15 – 12.15pm	12.15 – 1.15pm	1.15 – 2.30pm	2.30 – 3.15pm
Wake up, get dressed, eat breakfast, brush your teeth and prepare for your day of learning	Phonics activity (KS1) Spelling activity (KS2)	Reading activity	English activity	Break time Enjoy a snack and a break	Maths activity	Lunch time Enjoy your lunch and if possible get a bit of fresh air.	Topic activity	Well-being activity
 toothbrush	 Spelling	 Reading	 English	 play time	 Maths	 lunch time	 Topic	 calm

Mindfulness activities:

Below are some website links for relaxing, mindful activities to support your child's wellbeing. But remember simple activities like drawing and colouring, playing a board game and taking time to talk are all good ways to promote mindfulness and positivity.

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/user/ArtforKidsHub>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

<https://www.bbc.co.uk/teach/school-radio/music-songs-ks1--ks2-page/znrj8xs>

Top tips for learning at home.

Choose where your child will work.

If possible, it is best to choose an area where they will be able to sit at a table. If you can, position them near a window for natural light and fresh air. Try to make them comfy, using cushions if needed, especially if their feet can't touch the floor.



Remove distractions.

This means turning the TV off and mobile phones away. Remember they don't need to work in complete silence and may like some quiet music on in the background.



Have their equipment to hand.

Before they start work make sure they all the equipment they need e.g. sharp pencil and paper. If they are using a tablet, ensure it is charged first. If possible, give them an area to keep their school work as this will help them to easily lay their hands on the things they need.



Use a timetable.

Share the timetable on the other side to help structure your child's day. They will be used to seeing the visual symbols at school.



Take breaks.

Give your child regular drinks and snacks during the day to keep them motivated. They may like to use a different work space for different activities. For example, to complete a reading activity they may like to snuggle up on a comfy chair with cushions, giving them a break from table top work.

