

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Wake Up and get dressed	Wake Up and get dressed	Wake Up and get dressed	Wake Up and get dressed	Wake Up and get dressed	Wake Up and get dressed	Wake Up and get dressed
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Activity Drawing/ writing etc	Activity Drawing/ writing etc	Activity Drawing/ writing etc	Activity Drawing/ writing etc	Activity Drawing/ writing etc	Activity Drawing/ writing etc	Activity Drawing/ writing etc
	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air
	Lunch time	Lunch time	Lunch time	Lunch time	Lunch time	Lunch time	Lunch time
	Activity In the garden/ in the house etc	Activity In the garden/ in the house etc	Activity In the garden/ in the house etc	Activity In the garden/ in the house etc	Activity In the garden/ in the house etc	Activity In the garden/ in the house etc	Activity In the garden/ in the house etc
	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air	Break/ snack/ fresh air
	Activity Imaginary play/lego/ building etc	Activity Imaginary play/lego/ building etc	Activity Imaginary play/lego/ building etc	Activity Imaginary play/lego/ building etc	Activity Imaginar y play/lego / building etc	Activity Imaginary play/lego/ building etc	Activity Imaginary play/lego/ building etc
	Tea/	Tea/	Tea/	Tea/	Tea/	Tea/	Tea/
	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time
	Bath	Bath	Bath	Bath	Bath	Bath	Bath
	Story/ reading and bed	Story/ reading and bed	Story/ reading and bed	Story/ reading and bed	Story/ reading and bed	Story/ reading and bed	Story/ reading and bed

Remember to reduce screen time at least 2 hours before bedtime