

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Wake Up	Wake Up	Wake Up and	Wake Up	Wake Up	Wake Up	Wake Up
	and get	and get	get dressed	and get	and get	and get	and get
	dressed	dressed		dressed	dressed	dressed	dressed
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfas t	Breakfast	Breakfast
	Activity	Activity	Activity	Activity	Activity	Activity	Activity
	Drawing/	Drawing/	Drawing/	Drawing/	Drawing/	Drawing/	Drawing/
	writing etc	writing etc	writing etc	writing etc	writing	writing etc	writing
					etc		etc
	Break/	Break/	Break/snack/	Break/	Break/	Break/	Break/
	snack/ fresh	snack/ fresh	fresh air	snack/ fresh	snack/	snack/ fresh	snack/
	air	air		air	fresh air	air	fresh air
	Lunch time	Lunch time	Lunch time	Lunch time	Lunch	Lunch time	Lunch
					time		time
	Activity	Activity	Activity	Activity	Activity	Activity	Activity
	In the	In the	In the	In the	In the	In the	In the
	garden/in	garden/in	garden/ in the	garden/in	garden/	garden/in	garden/
	the house	the house	house etc	the house	in the	the house	in the
	etc	etc		etc	house etc	etc	house etc
	Break/	Break/	Break/snack/	Break/	Break/	Break/	Break/
	snack/ fresh	snack/ fresh	fresh air	snack/ fresh	snack/	snack/ fresh	snack/
	air	air		air	fresh air	air	fresh air
	Activity	Activity	Activity	Activity	Activity	Activity	Activity
	Imaginary	Imaginary	Imaginary	Imaginary	Imaginar	Imaginary	Imaginary
	play/lego/	play/lego/	play/lego/	play/lego/	У	play/lego/	play/lego/
	building etc	building etc	building etc	building etc	play/lego	building etc	building
					/ building		etc
					etc		
	Tea/	Tea/	Tea/	Tea/	Tea/	Tea/	Tea/
	Quiet time	Quiet time	Quiet time	Quiet time	Quiet	Quiet time	Quiet
	0.11	5 .1	5 .1	5 .1	time	5 .1	time
	Bath	Bath	Bath	Bath	Bath	Bath	Bath
	Story/	Story/	Story/	Story/	Story/	Story/	Story/
	reading and	reading and	reading and	reading and	reading	reading and	reading
	bed	bed	bed	bed	and bed	bed	and bed

Remember to reduce screen time at least 2 hours before bedtime