

**PLANNING YOUR DAY GUIDANCE**

Having an unplanned period of time off school can be very difficult for children who are used to having a clear structure to their days and can help them feel more secure and less overwhelmed. This can also help parents too.

Below is a suggestion of how you could structure your day as your child is off for an extended period of time.

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| **Time** | **Activity** | **Suggestions** |
| Before 9am | Wake up | *Eat breakfast, make your bed, get dressed* |
| 9.00-10.00 | Fresh air/activity | *A walk round the block, bounce on the trampoline, dog walk, yoga etc.* |
| 10.00-11.00 | Academic time | *Home Learning Tasks* *set by school* |
| 11.00-12.00 | Creative time | *Lego, art, craft, play music, sing songs, cook, bake or draw* |
| 12.00 | Lunch |  |
| 1.00 | Help around house | *Do jobs around house, wash dishes, tidy bedrooms* |
| 1.30-2.00 | Quiet time | *Reading, puzzles, listening to music/audio books* |
| 2.00 – 3.30 | Academic time | *Home Learning Tasks* *set by school* |
| 3.30 - 4.00 | Afternoon fresh air | *Bike, scooter, walk,* *play outside* |
| 4.00 – 5.00 | Free time | *TV, technology* |
| 5.00 – 6.00 | Dinner |  |
| 6.00 – bed  | Free time |  |