

Supporting Access to Learning

Prep 2020

A Suggested Daily Routine to help you navigate through a change of routine:

Time	Activity	Suggested activities	LINKS / RESOURCES:
Before 9	Wake Up	Eat breakfast, make your bed, get dressed, clean your teeth.	
9.00	Morning walk	Family walk Yoga if it's raining	Cosmic Yoga on Youtube
9.30	Academic Time	Do activities from the daily grid.	Daily grid document
10.30	Creative Time	Lego, blocks, drawing, crafting, play music, cook or bake	Items you have at home
11.00	Morning Tea	Eat morning Tea together sharing a picnic inside or outside depending on the weather. Children play outside after they have eaten.	
11.30	Chore Time	Set some chores for your child to do eg wipe all kitchen table and chairs, wipe all door handles, light switches and desk tops. General tidy up.	
12.00	Academic Time	Do activities from the daily grid.	Daily grid document
1.00	Lunch	Eat Lunch together. Children play outside after they have finished eating.	
1.30	Creative Time	Lego, blocks, drawing, craft, dancing, imaginative play.	
2.00	Academic Time	Do activities from the daily grid.	Daily grid document
3.00	Afternoon Tea	Eat afternoon tea together sharing a picnic inside or outside depending on the weather.	
3.30	Afternoon fresh air	Bikes or scooters, walk a pet, play outside.	
4.30	Electronic Time	Ipad, games, computer	Some links have been mentioned in the daily grids
5.00	Chore Time	Tidy up the house to reset after a busy day learning and playing and interacting. Tidy up the things you have used today to reset for tomorrow.	
5.30	Dinner	Eat dinner together. Chat about two positives and a wish for the day.	
6.30	Getting ready for bedtime	Shower/Bath/teeth	
7.00/7.30	Bedtime		