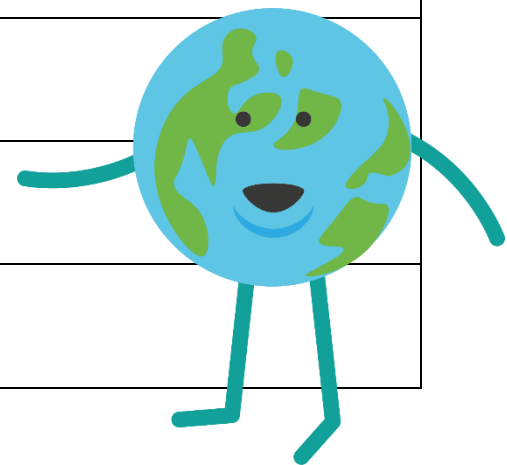


# My home learning day



Time	Type of activity	Activity description



Plan a variety of activities each day. Each colour could be a different type of activity. Adapt the plan to suit the age and needs of your child - make the activities shorter if that is better for your child and make the whole plan shorter if you need to. Include active times, creative times, wellbeing activities, learning times and activities designed to help others. Try to finish the day with a calming wellbeing activity.