




Our activity timetable



	Monday	Tuesday	Wednesday	Thursday	Friday
Activity 1					
Activity 2					
Break activity					
Activity 3					
Activity 4					
Lunch break					
Activity 5					
Activity 6					


Use a range of activities across the day and week to keep it interesting. Adapt the plan to suit the age and needs of your child - make the activities shorter if that is better for your child. Include active times, creative times, learning times, wellbeing and activities designed to help others. Try to finish the day with a calming wellbeing activity!