

SUGGESTED DAILY SCHEDULE

FOR ST. PATRICK'S

9.00	Morning routine	Get up, get dressed & have breakfast
10.00	School work time 1	Work on activities suggested on website or as sent home in work packs
11.30	Activity time 1	Physical activity (in fresh air if possible)
12.00	Creative time	Arts & Crafts, baking/cooking, playing music (instrument), construction (lego)
1.00	Lunch	
1.30	Helping out	Tidying up, helping out around the house
2.00	Quiet time 1	Reading
2.30	School work time 2	Using electronic devices to engage with suggested online activities on website
4.00	Activity time 2	Physical activity (in fresh air if possible)
5.00	Quiet Time 2	Puzzles, jigsaws, Sudoku, etc
6.00	Dinner	
7.00 - Bedtime	Free Time	TV or other ways they like to spend their downtime