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| Time | Activity | Suggestions |
| Before 9am | Wake up | Eat breakfast, make your bed, get dressed, say a prayer for your day. |
| 9.00-10.00 | Get moving/fresh air | Body Coach Kids home workout - <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>Cosmic Yoga kids on YouTube<https://www.youtube.com/user/CosmicKidsYoga>Or Just Dance. |
| 10.00-11.00 | Learning timeNO ELECTRONICS | Complete an activity from the blog |
| 11.00-12.00 | Creative timeNO ELECTRONICS | Lego, drawing, colouring, baking, painting etc. |
| 12.00-12.45 |  LUNCH |
| 12.45-13.00 | Reading time | Book, newspaper or magazine.[www.getepic.com](http://www.getepic.com) jsv0472 for Tinos and hqd9292 for Kalymnos<https://www.worldofdavidwalliams.com/> for audiobooks |
| 13.00-14.00 | Quiet time | Reading/puzzles/rest |
| 14.00-15.00 | Learning time | Mathletics, spellodrome, purplemash |
| 15.00-16.00 | Productive time  | Tidying room, helping parents, writing journal, diary, make a to do list for the following day |