

Plan for the Day

Before 9am	Wake up	
9.00 - 10.00am	Chores/Morning Walk/ planning your day	
10.00 - 11 am	Learning Time	
11.00-11.30 am	Break time	
11.30 - 12.30 pm	Learning time	
12.30 - 1.00 pm	Lunch	
1.00 - 2.00 pm	Quiet time	
2.00 - 3.00 pm	Learning time	
3.30 - 4.30 pm	Fresh Air time	
4.30 - 5.30 pm	Free time/TV/ Devices time	
5.30 pm	Dinner	
	Bedtime	