

| Home Activity Planner (Weekends and Holidays) |                                                                                                                    |                                                                                                                                                                                                              |                                                 |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| 8.00                                          | <b>Wake up</b><br>                | Wake up<br>Wash and brush teeth<br>Get dressed                                                                                                                                                               |                                                 |
| 45 minutes                                    | <b>Breakfast</b><br>              | Help prepare breakfast<br>Lay the table<br>Wash hands<br>Eat breakfast<br>Help to tidy and wash                                                                                                              |                                                 |
| 15 minutes                                    | <b>Morning Relaxation</b><br>     | Yoga<br>Stretches<br>Mindfulness colouring                                                                                                                                                                   |                                                 |
| 45 minutes                                    | <b>Learning Time</b><br>          | <b>Electronics OK ✓ (Regular Breaks)</b><br><div> <div> Teams<br/> Assignments<br/> Century<br/> Reading Eggs </div> <div> Reading Coach<br/> Times Table Rockstars<br/> SPAG<br/> Purple Mash </div> </div> |                                                 |
| 15 minutes                                    | <b>Movement Break</b><br>        | Go outside for a run<br>Walk up and down stairs<br>Jumping and skipping                                                                                                                                      |                                                 |
| 5 minutes                                     | <b>Snack Time</b>                                                                                                  | Enjoy a healthy snack                                                                                                                                                                                        |                                                 |
| 40 minutes                                    | <b>Creative Time</b><br>        | <b>Electronics OK ✓ (Regular Breaks)</b><br>Minecraft Education<br>Purple Mash<br>Adobe Express                                                                                                              |                                                 |
| 30 minutes                                    | <b>My Activity Passport</b><br> | Take part in an activity from My Activity Passport in your Pupil Planner                                                                                                                                     |                                                 |
| 30 minutes                                    | <b>Lunch</b><br>                | Help prepare lunch<br>Lay the table<br>Wash hands<br>Eat lunch<br>Help to tidy and wash                                                                                                                      |                                                 |
| 3-4 hours                                     | <b>Family Outing</b><br>        | Walk to the park<br>Go on a nature walk<br>Visit a museum, historic site or gallery                                                                                                                          | Ride a bike<br>Have a picnic<br>Visit a library |
| 45 minutes                                    | <b>Learning Time</b><br>        | <b>No Electronics ✗</b><br>Practise Spellings and High Frequency Words<br>Reading and Task<br>Maths                                                                                                          |                                                 |
| 30 minutes                                    | <b>Family Cooking</b><br>       | Help prepare dinner<br>Lay the table                                                                                                                                                                         |                                                 |
| 1 hour                                        | <b>Dinner</b>                                                                                                      | Wash hands                                                                                                                                                                                                   |                                                 |

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|        |                                              | Eat dinner<br>Help to tidy and wash                                                                                          |
| 1 hour | Quiet Time<br>Family Time<br>Mindfulness<br> | Family TV<br>Reading<br>Puzzles<br>Daily Diary<br>Colouring<br>Listening to music<br>Mindfulness Techniques in Pupil Planner |
| 8.00   | Bedtime<br>                                  | Shower<br>Brush teeth, wash and dress for bed<br>Go to sleep                                                                 |