

## Nursery Suggested Daily Timetable

Time		
Before 9.00	Wake up/ Becoming Independent	Brush your teeth (2 minutes). Try to get dressed by yourself. Help make your bed. Help make and eat breakfast. Help wash and put away breakfast items.
9.00-9.30am	Daily Wellbeing:	Choose your own: Cosmic Yoga – YouTube Andy’s wild workout- cbeebies Freeze song- You tube Shake your sillies out song – You tube Go noodle activities You tube Gummy bears song and dance  <a href="https://www.teachstarter.com/gb/blog/classroom-mindfulness-activities-for-children-gb/">https://www.teachstarter.com/gb/blog/classroom-mindfulness-activities-for-children-gb/</a>  <a href="https://www.headspace.com/meditation/kids">https://www.headspace.com/meditation/kids</a>
9.30-9.45	Seesaw activity: Daily Phonics	Upload completed task and respond to feedback.
9.45-10.15am	Free time/ Choosing	Play with own toys/ iPad learning/ TV/ mark making/colouring.
10.15-11.00am	Daily Zoom meeting Registration and shared reading session	Follow the link via see saw
11.00-12.00pm	Teachers available	Teachers will be available to answer any questions or queries via see saw
11.00-11.15am	Seesaw activity: Maths	Upload completed task and respond to feedback.
11.15	Lunch Preparation	Help to prepare and make your own lunch. Talk about safe use of any equipment. Pour and make your own cold drink. Talk about importance of handwashing- wash hands for at least 20 seconds.
12.00- 12.30	LUNCH	Feed yourself. Learn to use a knife and fork.
12.30-1.00	Becoming Independent	Help wash and put away all lunch items. Help with any appropriate house work e.g dusting, taking clothes in/ out of washing machine, matching pairs of socks, folding clothes, tidying.
Afternoon singing session (check which time your	Zoom meeting – singing session	Follow the link through see saw  Your child has a specific time slot so please make sure you have checked and signed into the correct session promptly.

child needs to attend this meeting)		
	Wellbeing: Outdoor/ Fresh air	Wrap up warm. Try to put your own coat and shoes on. Go for a walk- <b>Follow current government advice regarding this.</b>
3.30pm	<b>Seesaw activity</b> <b>Daily Story/ Reading</b>	<b>Upload completed task and respond to feedback.</b>
3.30-5.00	Free time/ Choosing	Play with own toys/ mark making/colouring/ TV.  Help with dinner preparation.
5.00-6.00	Dinner time	
6.30-8.00	Family Time and getting ready for bed	Try to get your pyjamas on by yourself. Brush your teeth (2 minutes). Read bedtime stories together. <b>Choose from the list of activities on parent sheet.</b>