

This is an example of how you might set out your times for your family. Younger children need to play and sleep so try to organise the other children to allow this to happen calmly. You should complete the empty table to suit your family. You may find it helpful to discuss activities with older children and allow them to choose when they would like free time or to do school work.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Free time	Free time	Free time	Free time	Free time	Free time	Free time
8.30	Learning Time /school activities	Learning Time /school activities	Learning Time /school activities	Learning Time /school activities	Learning Time /school activities	Learning Time /school activities	Learning Time /school activities
9.30	Garden /Forest time	Garden /Forest time	Garden /Forest time	Garden /Forest time	Garden /Forest time	Garden /Forest time	Garden /Forest time
11.00	Guided TV time	Guided TV time	Guided TV time	Guided TV time	Guided TV time	Guided TV time	Guided TV time
12.00	Free Choice/play	Free Choice/play	Free Choice/play	Free Choice/play	Free Choice/play	Free Choice/play	Free Choice/play
1.00	Lunch preparation	Lunch preparation	Lunch preparation	Lunch preparation	Lunch preparation	Lunch preparation	Lunch preparation
1.30	Reading time and school work	Reading time and school work	Reading time and school work	Reading time and school work	Reading time and school work	Outdoor activity time	Film time
2.30	Games time/ Music/ Drama/ art	Games time/ Music/ Drama/ art	Games time/ Music/ Drama/ art	Games time/ Music/ Drama/ art	Games time/ Music/ Drama/ art		
3.00	Tidying and cleaning/play	Tidying and cleaning/play	Tidying and cleaning/play	Tidying and cleaning/play	Tidying and cleaning/play		Tidying and cleaning/play
3.30	Outdoor activity time	Outdoor activity time	Outdoor activity time	Outdoor activity time	Outdoor activity time	Cooking	Outdoor activity time
5.00	Learning and computer time	Learning and computer time	Learning and computer time	Learning and computer time	Learning and computer time	Play	
6.00	Free choice/ bedtime	Free choice/ bedtime	Free choice/ bedtime	Free choice/ bedtime	Free choice/ bedtime	Free choice/ bedtime	Free choice/ bedtime

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30							
9.30							
11.00							
12.00							
1.00							
1.30							
2.30							
3.00							
3.30							
5.00							
6.00							

