



# Daily Timetable

7am	Wake up and eat breakfast	
8am	Wash and get dressed	
9am	Maths	
10am	Practical Activities	<i>Gardening, cooking, science etc.</i>
11am	Quiet Time	<i>Colouring, reading, jigsaw, yoga etc.</i>
12pm	Lunch	
1pm	English	
2pm	Exercise	
3pm	Creative Time	<i>Art, messy play, projects etc.</i>
4pm	Chores	
5pm	Dinner	
6pm	Free Time until bed	

