

Suggested Daily Schedule for Home Schooling

Education Support

Remember that children thrive and work best in routine. This timetable is a **guide** to help you and **your family to come up with a timetable that suits you**. Within this timetable an allowance for approximately 30 minutes of literacy needs to be made depending on the age and abilities of your child/children. Education Support students will include using AAC devices, practice their writing skills, reading, literacy apps on the I-pod/computer and recounting the sequencing of events (E.g. cooking a cake, morning routine, etc.) In your weekly timetable you could also include particular days to wash their bed linen, wash clothes, vacuum, sweep, clean their room and/or clean particular areas of the house.

Remember, keeping in contact with loved ones and friends is important. Phone calls, single and family chats via computer, Skype, Messenger, etc. You can still sing and wish Birthdays and other special occasions using various technologies. Children can still make cards and write messages in them to give next time they see each other.

Before 9am	Wake up	Breakfast-encourage independence	
		<ul style="list-style-type: none"> getting bowl/plate pouring/spreading wiping surfaces down washing dishes 	<ul style="list-style-type: none"> packing away <p>Make bed- Teach and work beside them to make their own bed. Get dressed and put pyjamas away</p>
9:00-10:00	Outdoor time	<p>Ideas:</p> <ul style="list-style-type: none"> fitness program (suited to the abilities of your child) yard play-sand, water, swing, games playing ball (practice different skills-e.g. throwing, catching, passing, kicking, etc.), 	<ul style="list-style-type: none"> bike riding, scooter gardening (E.g. start your own vegetable, flower or rock garden) build a cubby house using sheets, etc. Sensory Activities/breaks
10:00-11:00	Structured Learning Time	<ul style="list-style-type: none"> School Packaged activities Practice English and Maths skills (encourage holding writing implements correctly and writing on a line) Encourage communication-using their words, AAC devices, visuals, sign language 	<ul style="list-style-type: none"> Reading Eggs, Maths Seeds, Device Activities Reading and Story time Writing and reading apps on-line Sensory Activities/breaks Therapy programs
11.00 11.10	Sensory Break	E.g. swing, puzzle, book, water play, sand, sensory toys	
11:10-11:40	LUNCH	<p>Encourage independence and hygiene</p> <ul style="list-style-type: none"> Setting up Making their own lunch 	<ul style="list-style-type: none"> Eating independently Using manners Using utensils properly

11:40-12:30	Creative time	<p>Ideas:</p> <ul style="list-style-type: none"> • Pattern making • threading • books • drawing • Lego • Blocks • Crafts 	<ul style="list-style-type: none"> • cooking, • baking • music • recycled materials creations • bubbles • dance and movement songs on You Tube • Sensory Activities
12:30-1:30	Structured Learning Time	I-Pad and computer based activities- Reading Eggs, Maths Seeds, Device Activities Therapy programs	
1:30-1:45	SNACK	Encourage healthy eating as much as possible (Crunch'n'Sip)	
1:45-2.15	Quiet time	<p>Ideas:</p> <ul style="list-style-type: none"> • Read a book (talk about the book, get your child to guess what might happen next, encourage them to spell out words/sentences verbally, AAC devices and/or signing) • Puzzles 	<ul style="list-style-type: none"> • Rest • Relaxation/mindfulness app, YouTube mindfulness, movement clips at Cosmic Kids Yoga Adventures or Go Noodle. <p>https://www.youtube.com/user/CosmicKidsYoga www.gonoodle.com</p>
2:15-3:00	Structured Learning Time	<ul style="list-style-type: none"> • School packaged activities • Money skills- Teaching Money app on IPad, setting up your own little shop, use your own money to add/subtract, go through supermarket catalogues • Therapy programs 	<ul style="list-style-type: none"> • Sensory Activities/breaks • Journal Writing-Get your child/children to write/draw/photograph a daily journal of their activities throughout the day. • Technology-IPad activities - Reading Eggs, Maths Seeds, Device Activities
	Outdoor time	<p>For example:</p> <ul style="list-style-type: none"> • family walk • yard play • ball play 	<ul style="list-style-type: none"> • bike ride, scooter • gardening • games/sensory activities • playing with pets
	Chore time	<p>For example:</p> <ul style="list-style-type: none"> • clean rooms • pack away toys • take garbage out 	<ul style="list-style-type: none"> • pet care • vacuum/sweep • washing, drying and putting away dishes • wipe table and chairs.
	Free time		