Children like to have a routine. Knowing what to expect each day helps them to organise their ideas and to manage their feelings and behaviour. On the page below, we have created a timetable which you can fill in with your child to plan activities for the week. We have left the times blank for you to create a timetable which works around you and your family. Below we have also included a list of things that we would usually include in our daily routines at school that you may wish to include to create continuity for your child.

**9.15-9.30**- Days of the week song. You may also choose to have a letter/number of the week.

**9.30-9.45-** Yoga session

**10.30-** Snack time

**11.40-11.55-** ‘Carpet’ session

**12-12.45-** Lunch

**3.00-3.15-** ‘Carpet’ session

Carpet sessions would usually consist of reading stories, singing or maths related activities such as number rhymes.

You will find our Spring 2020 song book and some number rhymes on the **‘EYFS Curriculum’** page under **‘Learning gallery.’**

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| **Monday** |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |