

Kids Routine Covid -19

8 - 9 BREAKFAST

(Brushing teeth, washing face, getting dressed)

9 - 10: MORNING WALK 

(splashing in muddy puddles, yoga, dancing, active exercise)

10 -11: SCHOOL WORK

(phonics, maths games, handwriting)

11-12: CREATIVE TIME

(drawing, colouring, art & crafts)

12-1: LUNCH 

1-2: QUIET TIME

(books, nap, tablet, tv)

2-3: AFTERNOON WALK

(bike, scooter, nature adventure)

3 - 3.30: SNACK

3.30 - 5: FREE PLAYING

5 – 6: BATH

6 – 7: DINNER

7 – 8: GETTING READY FOR BED

8 – 9: BEDTIME

