





Caterpillar's suggested timetable

<u>Activity</u>	<u>Symbol</u>	<u>What you could do</u>
Good morning		Eat breakfast, encourage dressing skills, brush teeth, sing the good morning song
PE or Dance (Alternate Days)		Joe Wicks (YouTube) Cosmic Kids (YouTube) Just Dance Kids (YouTube)
English or Maths (Alternate Days)		Read or listen to a story together, practice some writing skills using the worksheets provided. Count some everyday objects.
Snack		Make a snack together, learn the Makaton signs for food, lay the table for snack
Turn taking game / Playing with a member of family		Play a game together, build a fort, role-play, dress up, dolls house, cars, puzzles, choose a favourite toy
Lunch		Make lunch together, learn the Makaton signs for food, lay the table for lunch
Outside garden play or go for a walk		Kick a ball, jump, catch, run a race, go for a walk to spot rainbows,
Sensory play / Class challenge (Alternate Days)		Water play, painting, colouring, rice and pasta pouring, bubbles, foam soap, Complete the weekly challenge!
Tidy up time		Tidy away the toys, clean your bedroom, help wash the dishes
Story or Songs		Listen to a story, read a book, sing favourite nursey rhymes, cbeebies bedtime hour.