

Nursery

Session		
After breakfast	Morning Exercise	Family walk, yoga - cosmic , Go Noodle , Joe Wicks , Super Movers , Disney Workouts Andy's Wild Adventure workouts bbc.co.uk/programmes/p06tmmvz
10.00-10.15	Phonics or maths activity or game	Find and count 6 leave / stones Read a rhyming story - can you spot the rhyming words https://new.phonicsplay.co.uk/resources/phase/1 Play a game on EducationCity https://www.educationcity.co.uk/
10.15-11.30	Creative time	Draw a picture Do some baking Paint a picture
11.30-12.00	Reading time	Either read a story together, play a game on phonics play or watch/listen to a story on youtube. Story Time - Stories for kids - CBeebies www.phonicsplay.co.uk
12.00-1.00	Lunchtime	
2.00-4.00	Do something adventurous	Play in the garden Build a den Go for a walk
Before dinner	Quiet time	Play a board game Complete a jigsaw Do some colouring
Bed Time	Share a story	Share a story with your family

