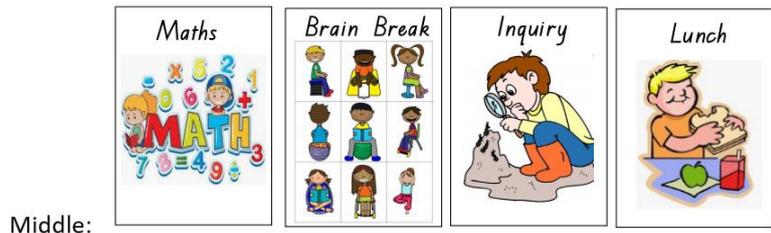
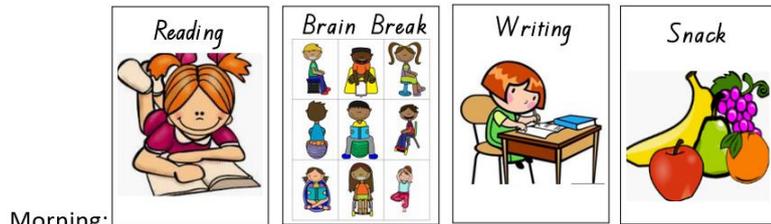
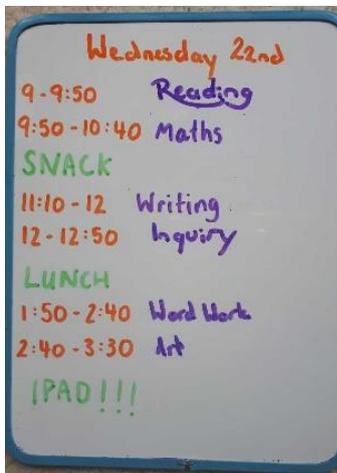


Schedule

It is great to start the day by making a visual time table showing what needs to be done. Timetables can look very different, so it is best to pick what is going to work best for you and **student**.

The time table can be made for the whole day, or broken down into smaller chunks for the day. You can make the time table on a white board, or if you familiar with computers on google sheets. Some examples are below.

I am able to help you with what sort of timetable you would like to use, and either make this for you, or talk you through making one.



A	B	C	D	E	F	G
	09:30					
	10:10:00					
	10:30	RECESS/SNACK	RECESS/SNACK	RECESS/SNACK	RECESS/SNACK	RECESS/SNACK
	11:00	 Learning Activities for Kids who Love Cars!				

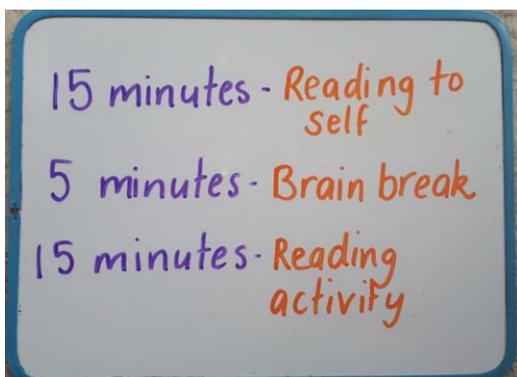
Learning Grid

It is easier to break down the learning tasks, so you or **student** do not feel overwhelmed by the amount of work to be done. A good way is to cut up the Learning Grid and place the tasks in glad bags. Have **student** take out one task and focus only on this task. If you are unable to print the Learning Grid at home, you can pick a hard copy of the Learning Grid on Mondays from school.



Short Sessions

It is often best to have shorter learning sessions, to keep the student's attention. Having breaks after a short session decreases stress and increases output. I suggest that **student** work for 15 minutes, has a brain break and then works for another 15 minutes. See how this goes, you may find **he/she** can only go for 10 minutes in some subjects, like writing, but 20 minutes in others like maths!



Mornings

The best learning is often done in the mornings, so this is a good time to start with Reading, Writing and Maths before lunch. The afternoon is great for Inquiry and Specialists subjects.

Brain Breaks

Brain breaks are a great downtime for students between learning. These breaks help develop creativity, physical fitness and our brains to process the work just completed.

Here's some ideas for brain breaks for **student**. I've grouped them into threes, so that **he/she** can choose a different group each day.

10 Burpees

Hide and seek with somebody in the house

Count by 5's for 60 seconds – how high did you count?

10 push-ups

Make a paper plane

Make somebody a cup of tea/coffee

Throw a ball against the wall and count how many you can catch in a row

20 star jumps

Learn a new joke and tell someone

Make a snack

Just Dance

Choose a folding surprise to draw at <https://www.artforkidshub.com/>

Go Noodle

Do something nice for someone

Fold an origami frog <https://www.youtube.com/watch?v=1kZjq8f8Mpo>