

# OUR DAILY SCHEDULE

8:00 am	Wake up	Wash, dress, eat breakfast & make bed.
9:00-10:00	Morning walk/ exercise Go to Youtube or Go Noodle and find a fun video to dance/exercise to	Family walk (with dog) Some form of exercise together inside or out dependant on weather.
10:00-11:30	Academic time	Complete some school work. Use this time wisely as probably the best time for concentration and getting work completed.
11:30-12:30	Creative time (Have 2/3 options)	Give break to school work and allow the kids to be creative - can use art craft ideas from school or your own or your child's ideas, colouring pages, drawing, crafting, Legos, cooking. Let them choose from a range of options (but not too many options 2/3).
12:30 -1:00	LUNCH	Let the children help make lunch and clear away. Let them have some fresh air for 5-10 minutes too if possible.
1:00-2:30	Academic time	Complete some school work. Use this time wisely and keep it to an hour, using this time to focus on the activity and let the children know there is some fun stuff coming up after they have worked hard and tried their best.
2:30-3:30	Creative time (Have 2/3 options same as above for that day)	Give break to school work and allow the kids to be creative - can use art craft ideas from school or your own or your child's ideas, colouring pages, drawing, crafting, Legos, cooking.
3:30 - 4:00	SNACK & Quiet Time	Eat a healthy snack. Read a book together or let the children read a book.
4:00-5:00	Afternoon fresh air	Go for a cycle, scavenger hunt, walk, play outside , etc.
5:00-6:00	DINNER	Chores : set table, clear away, stack dishwasher, dry dishes , etc.
6:00-7:00	Free Time	T.V, computer, iPad, games etc Or alternatively sit down and play a board game, card game together.
7:00 onwards	Family Time Devotion	Some form of family devotional e.g Family Time book.
Bed Time	Bed Time Routine	Wash, brush teeth and put Pj's on.

# Kids & Family Ideas just a few ideas to get you started . . .

## School Ideas

Make sure you make this fun and a set time period. Use the school work that is sent home. Look up websites that are suggested.

### On line:

1. Twinkl on-line resources One month free with this access link Click here **Twinkl**
2. BBC Learning Zone (This has been archived but still can access a lot of really useful stuff.  
Click here **BBC Learning Zone**
3. BBC is using BBC iplayer for schools to access online learning for your children take a look.

## Bible ideas Devotions

- Family Time Book - can get from office or its also on pdf Click here **Family Time Book**
- Apps for Bible Reflections Click here **Bible reflections**
- JIGSAW Sunday School material on dropbox. **Contact Julie at the Diocesan office.**
- Bible apps-The Bible app for kids is super.  
Click here **The Bible App for Kids**
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### On line:

1. Going For growth  
Click here **Faith in the Home**
2. Downloadable Prayer mats to start discussion  
Click here **Bible Prayer mats**

## Exercise

- Go on a walk in the fresh air
- Make up a Scavenger Hunt e.g. write the letters of the alphabet onto a page and find things beginning with each letter & draw it.
- Colour walk - get the kids to choose their favourite 5-10 colours draw a splurge on paper then go outside and find things that colour match from nature.
- Go on a prayer walk.
- Go for a bike ride.

### On line:

1. GoNoodle | Get Moving -  
Click here **GoNoodle exercise for Kids**
2. Lots of videos to choose from. Click here **youtube**
3. Click here for **Pinterest**
4. Lifeguards exercise plan.  
Click here **Lifeguards**

## Creative ideas

There are lots of creative ideas out there, be creative and fun.

- Play with lego, bricks , duplo building materials, scrap materials
- Puzzles, jigsaw, card games
- Cooking together
- Craft ideas Water, sand play
- Simple drawing and painting
- Crafting: Knitting or crochet
- Play dough, plasticine, clay ideas

### On line:

1. Pinterest - loads of activities on-line here but try and be specific when looking up activities. Click here **Pinterest**
2. YouTube - loads of ideas for craft ideas.  
Click here **youtube**

## Prayer ideas

There are lots of prayer ideas out there, be creative and fun and don't forget to pray for the difficult stuff too.

### On line:

1. Flame Creative have loads of fantastic ideas  
Click here **Flamecreativekids**
2. Brilliant Prayer Apps that can be downloaded  
Click here **Prayer Apps**
3. Prayer Spaces in schools - loads of beautiful ways to engage in prayer.  
Click here **Prayer ideas**

## Resources

JIGSAW - Sunday School Material on dropbox.  
**Contact Julie at the Diocesan office for access.**

### On line:

1. Illustrated ministry free downloads of their stuff  
Click here **Free Illustrated Ministry**
2. SEEDS Family worship free devotions and songs .  
Click here **SEEDS family Worship playlist**
3. Story Time with Sally- Lloyd Jones.  
Click here **Story time with sallylloyd-jones**
4. Facebook group Together at Home - exploring Bible Stories each week new material.  
Click here **Together at Home Activites and Ideas**