**Example ‘social distancing’ weekday timetable for nursery aged children**

[**www.handelsmanpsychology.com**](http://www.handelsmanpsychology.com)

Please feel free to use this as a template to help you structure your weekdays

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| 7am | Books & free play |
| 8am | Family Breakfast & talk about today’s plan |
| 8.30am | Dressing, chores\* & free play |
| 9am | Reading, writing and story activities\*  |
| 9.30am | Construction activities\*  |
| 10am | Garden\* / go for a walk or scooter  |
| 10.30am | Snack |
| 10.45am | Free independent play |
| 11am | Video call family/virtual playdate |
| 11.15am | Number, shape and measuring activities\* |
| 11.30am | Online dance/exercise/music class\* |
| 12 noon | Family Lunch |
| 1pm | Arts & Crafts\* |
| 2pm | Nap, rest or quiet time |
| 2.30pm | Cooking/Science/Roleplay\* |
| 3pm | Snack |
| 3.15pm | Board games / Free independent play |
| 4pm | Garden\* / go for a walk or scooter |
| 4.30pm | Screen time (free choice) / virtual playdate |
| 5pm | Dinner |
| 6pm | Video call family |
| 6.15pm | Bath time |
| 6.45pm | Stories / Milk |
| 7.15pm | Bedtime |