

My Week Plan: 20th-24th April

	Monday	Tuesday	Wednesday	Thursday	Friday
07.00-8.00	Get up, morning routine		Get up, morning routine		Get up, morning routine
	Online yoga video	Get up, morning routine	Online yoga video	Get up, morning routine	Online yoga video
08.00-09.00	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready
09.00-10.00	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks
	Sort kids work—Maths	Sort kids work—Topic	Sort kids work—RE	Sort kids work—Maths	Sort kids work
10.00-11.00	Brew / Kids Snack	Brew / Kids Snack	Brew / Kids Snack	Brew / Kids Snack	Brew / Kids Snack
11.00-12.00					
12.00-13.00					
	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny
13.00-14.00	Sort Literacy/Reading/Phonics	Sort Literacy/Reading/Phonics	Sort Literacy/Reading/Phonics	Sort Literacy/Reading/Phonics	Sort Literacy/Reading/Phonics
14.00-15.00					
15.00-16.00					
16.00-17.00	Finish work. Make Tea	Finish work. Make Tea	Finish work. Make Tea	Finish work. Make Tea	Finish work. Make Tea
17.00-18.00					
	Tea time	Tea time	Tea time—kids	Tea time	Tea time—kids
18.00-19.00	Play or walk dog	Play or walk dog	Play or walk dog	Play or walk dog	Play or walk dog
19.00-20.00					
	Kids in Bed	Kids in Bed	Kids in Bed	Kids in Bed	
20.00-21.00	Exercise/Relax/'Meet' friends online	Exercise/Relax/'Meet' friends online	Tea Adults / Relax	Exercise/Relax/'Meet' friends online	Kids in Bed
21.00-22.00	Watch TV / Read / PJs	Watch TV / Read / PJs	Watch TV / Read / PJs	Watch TV / Read / PJs	Tea Adults / Relax / Watch TV
22.00-23.00	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep

Meal Plan

Monday	
Lunch	Tea
Picnic	Pasta Bake
Tuesday	
Lunch	Tea
Soup	Gammon & Veg
Wednesday	
Lunch	Tea
Jacket Spuds	Green Pasta / Fajitas
Thursday	
Lunch	Tea
Beans on Toast	Chilli
Friday	
Lunch	Tea
Picnic	Chicken Nuggets / Risotto