


My Day



Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8.00	Get up, breakfast and changed						
9.00 – 10.00	Maths						
10.00-10.30	Break/snack						
10.30 – 11.30	Literacy						
11.30 – 12.30	Exercise and relaxation						
12.30-1.30	Lunch						
1.30 – 2.30	Topic						
2.30 – 4.30	Reading/ jig saws						
4.30 – 5.30	TV/video games						
6.00-7.00	Dinner						
7 -8.30	Bed time routine						
One good thing that happened today! 							

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8.00							
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12.30-1.30							
1.30 – 2.30							
2.30 – 4.30							
4.30 – 5.30							
6.00-7.00							
7 -8.30							
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