

## My Week Plan: 20th-24th April

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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 Sort kids work—Maths	Morning Mtg / Joe Wicks Sort kids work—Topic	Morning Mtg / Joe Wicks Sort kids work—RE	Morning Mtg / Joe Wicks Sort kids work—Maths	Morning Mtg / Joe Wicks 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					
13.00-14.00	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
	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

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