


## THE IMPORTANCE OF KEEPING A DAILY ROUTINE WITH CHILDREN

 <p><b>Wake Up</b></p>		
<p><b>Wake up at a reasonable time in the morning</b></p>	<p><b>Brush your teeth and Wash your hands and Face</b></p>	<p><b>Get dressed</b></p>
		
<p><b>Eat your Breakfast</b></p>	<p><b>Read Aloud (time to enjoy books)</b></p>	<p><b>Outdoor time (garden, communal garden, short walk outside)</b></p>
		
<p><b>Log on to DB Learning activity (homework packs)</b></p>	<p><b>Lunch time</b></p>	<p><b>Exercising to music (releasing energy)</b></p>

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<p><b>Creative play (Imaginary play with toys)</b></p>	<p><b>Family play (I spy, board games, hide and seek, start a drawing game, doing a jigsaw together)</b></p>	<p><b>Free play T.V. time (rest time)</b></p>
		
<p><b>Arts &amp; Crafts</b></p>	<p><b>Evening meal</b></p>	<p><b>Bath</b></p>
		
<p><b>Pyjama's ready for bed Getting ready for bed</b></p>	<p><b>Read Aloud Story Time</b></p>	<p><b>On time to bed (getting enough sleep to be ready for the next day ahead)</b></p>

