

Sacred Heart School

example daily schedule

08:00- 09:00	Wake up	Having breakfast, showering, dress up, make your bed etc.
09:00- 10:00	Lesson time with screen	School activities
10:00-11:00	To move	Outside sports, play outside, to walk etc In rain: indoor exercise games
11:00-12:00	Lunch	Prepare food and eat together
12:00- 13:00	Doing chores	Household chores, dust off, do the laundry etc.
13:00-14:30	Silence period	To read, audiobooks, puzzle etc.
14:30-16:00	Lesson time without screen	School activities
16:00-17:00	To move	Outside sports, play outside, to walk In rain: indoor exercise games
17:00-18:00	Tv- time, screen time, Play games together	Discuss the day, watch series, shower and prepare for bed
18:00-19:00	Supper	Prepare together, discuss theme keywords
20:00	Bedtime	Reading together in bed