











































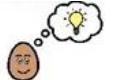


Sample Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8.00 – 9.00	Breakfast 	Breakfast 	Breakfast 	Breakfast 	Breakfast 
9.00 – 10.00	Exercise:  'P.E with Joe Wicks'	Exercise:  Walk	Exercise:  Trampoline	Exercise:  Jumping Jacks	Exercise:  Swing
10.00 – 10.30	Snack 	Snack 	Snack 	Snack 	Snack 
10.30 – 11.00	Down time:  Listening to music	Down time:  Watch TV	Down time:  Jigsaw	Down time:  iPad	Down time:  Colouring
11.00 – 12.00	Academia:  RTE 2 – Home School Hub	Academia:  Reading	Academia:  Writing	Academia:  Maths	Academia:  RTE 2 – Home School Hub
12.00 – 13.00	Sensory Break:  Yoga	Sensory Break:  Relax in quiet, dark room	Sensory Break:  Roll up in a blanket	Sensory Break:  Stress ball	Sensory Break:  Water play
13.00 – 14.00	Lunch 	Lunch 	Lunch 	Lunch 	Lunch 
14.00 – 15.00	Chore / Skill:  Washing the dishes	Chore / Skill:  Setting the table	Chore / Skill:  Laundry	Chore / Skill:  Tidy bedroom	Chore / Skill:  Brush / mop the floor
15.00 – 16.00	Speech + Language:  Board Game	Speech + Language:  Programme	Speech + Language:  Charades	Speech + Language:  S&L iPad app	Speech + Language:  What will happen next?

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
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9.00 – 10.00	Exercise:	Exercise:	Exercise:	Exercise:	Exercise:
10.00 – 10.30	Snack	Snack	Snack	Snack	Snack
10.30 – 11.00	Down time:	Down time:	Down time:	Down time:	Down time:
11.00 – 12.00	Academia:	Academia:	Academia:	Academia:	Academia:
12.00 – 13.00	Sensory Break:	Sensory Break:	Sensory Break:	Sensory Break:	Sensory Break:
13.00 – 14.00	Lunch	Lunch	Lunch	Lunch	Lunch
14.00 – 15.00	Chore / Skill:	Chore / Skill:	Chore / Skill:	Chore / Skill:	Chore / Skill:
15.00 – 16.00	Speech + Language:	Speech + Language:	Speech + Language:	Speech + Language:	Speech + Language:

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10.30 – 11.00	Down time: Listening to music	Down time: TV	Down time: Jigsaw	Down time: iPad	Down time: Colouring
11.00 – 12.00	Academia: RTE 2 – Home School Hub	Academia: Reading	Academia: Writing	Academia: Maths	Academia: RTE 2 – Home School Hub
12.00 – 13.00	Sensory Break: Yoga	Sensory Break: Relax in quiet, dark room	Sensory Break: Roll up in a blanket	Sensory Break: Stress ball	Sensory Break: Water play
13.00 – 14.00	Lunch:	Lunch:	Lunch:	Lunch:	Lunch:
14.00 – 15.00	Chore / Skill: Washing the dishes	Chore / Skill: Setting the table	Chore / Skill: Laundry	Chore / Skill: tidy bedroom	Chore / Skill: brush / mop the floor
15.00 – 16.00	Speech + Language: Board Game	Speech + Language: Programme	Speech + Language: Charades	Speech + Language: S&L iPad app	Speech + Language: What will happen next?