**Silk Class – Daily Routine**

Below is what a ‘typical’ day looks like in our class. I have missed our daily ‘looking and listening’ activity off as you need specific resources to do it. This is just a guide; I am not expecting you to carry this out at home although it might help with some routines. Please take from this what you might find useful. I appreciate we are all juggling lots at home!

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| **Time**  | **Activity**  | **Links**  |
| 8.50 | Workshop – Personal care, physiotherapy programs, sensory circuits, individual targets.  | Sensory circuits - [https://www.cpft.nhs.uk/Documents/Miscellaneous /Sensory%20Motor%20Circuits.pdf](https://www.cpft.nhs.uk/Documents/Miscellaneous%20/Sensory%20Motor%20Circuits.pdf)Free play – different activity each day such as construction, large paper and crayons, chalk, toy cars/dolls/small world play etc… (whatever resources you have available at home)  |
| 9.30 | Good morning – How are you feeling? Days of the week, weather and what we are doing today.  | Good morning song – “Hello …… how are you, hello…… how are you, hello….. how are you, how are you today?” (If you have any small instruments i.e. shaker, your child can play along!Feelings song - <https://www.youtube.com/watch?v=zEk48QQSPo4> (Feelings and Emotions chant – Elf Learning)Photographs/Symbols – Feelings, weather, days |
| 9.45 | Activity of your choice | See ideas list |
| 10.20 | Washing hands and snack time  | Using object/photographs/symbols where able to request snack from choiceSymbols – Washing hands |
| 10.50 | Outdoor play  | Symbols – Outside  |
| 11.20 | Activity of your choice | See ideas list |
| 11.50 | Washing hands | Lunch song – “Dinner time, dinner time, now it’s nearly dinner time” –just make up your own tune! |
| 12.00 | Lunchtime  | Helping to set the table  |
| 1.00 | Outdoor play  | Symbols – Outside  |
| 1.30 | Reading & good afternoon  | YouTube – search favourite stories Quietly read an appropriate book together/and or sing nursery rhymes |
| 1.45 | Activity of your choice | See ideas list |
| 2.45 | Drink  | Watch Disney songs playlist - YouTube |
| 2.55 | Goodbye | Celebrate achievementsHome time song – <https://www.youtube.com/watch?v=sGT9hjGcA10> – Dayo Goodbye song |