

Early Years Daily Routine and Activity Ideas

If you would like to try sticking to a more structured routine while your child is home from school, then here are some ideas to get you started. Bear in mind that these are just some helpful ideas, every child is different – the key to success is being flexible and finding a routine that works for you. Remember, play is still the most valuable thing you can do with your children and children will be constantly learning while they play.

	Morning Activity Ideas				
Wake Up and Breakfast Time	When you wake up, choose what clothes you would like to wear today.	Have a wash and brush your teeth.	Make your bed.	Make breakfast together.	As you're having breakfast, talk about what you are going to do during the day.
Being Active	Jog on the spot for three minutes. Talk about how our bodies change when we exercise.	Stretch every part of your body from your head down to your toes. Name the different body parts as you go.	Move around like different animals. Can you slither like a snake, trot like a horse or bounce like a kangaroo?	Look up some yoga poses that are named after animals. Can you try them? Which one was your favourite? Can you be a dog, cat, cow or lizard?	Exercise your finger muscles by making a playdough model, threading beads or using scissors to cut pictures from a magazine.
Learning Moments without Screens	Choose a story to read together. Talk about your favourite parts.	Draw a picture of something that happens in your favourite story. Say a sentence about the story. Write the sentence together. Practise sounding out the words you want to write. Can you use a full stop?	Explore objects in one of the rooms in your house – perhaps the kitchen, the bathroom or a bedroom. Look at what they are made from, how they feel and what they are used for. Are they soft, hard, bendy, stiff, rough, smooth? Try sorting them into different groups.	Can you find objects of different lengths? Which one is the longest? Which is the shortest? Can you order them?	Play a counting game using small toys or building bricks. Place them on a tray and count them. Then, move them to different places and count them again. Is there still the same number?
Creative Time	Think of a song or a rhyme that you know well. Can you change some of the words to make a new song/ rhyme?	Make a collage picture using newspaper and leaflets. Talk about what your picture is and how you are making your picture.	Play some music and have a dance.	Use some of your toys to make up a story. Maybe the toys could go on an adventure!	Use building bricks to make a model.
Lunch	Talk about what you could have for lunch.	Wash your hands and find the things you need to make lunch.	Can you count out the ingredients you need?	Have a piece of fruit with your lunch. Can you help to wash and cut up the fruit?	Talk about where the food you are eating comes from and how it is made.

Afternoon/Evening Activity Ideas					
Helping Time	Wash up the dishes from lunch, dry them and put them away.	Tidy away any toys you played with this morning.	Help wash the clothes. Can you load or unload the washing machine? Can you fold the dry clothes up or match up all the pairs of socks?	Tidy the books on your bookshelf and make sure they are all the right way up. Can you stack them from tallest to shortest?	Help to sweep or vacuum the floor. Put on your favourite song and make up a dance as you go.
Quiet Time	Do some breathing exercises. Lie comfortably and place a teddy on your tummy. Watch how the teddy moves as you breathe in and out.	Look through some family photos. Talk about things you have enjoyed doing together. If you have older photos, talk about what life was like for parents/grandparents when they were younger.	Ask your adult to cut out some 2D shapes, such as squares, rectangles, triangles and circles, from coloured card, paper or magazines. Use the shapes to create a picture. Can you make a person? A house? An animal?	Share a favourite story together. Talk about the plot, the setting and the characters.	Colour a picture. Can you stay between the lines? Think carefully about the colours you are using.
Learning Moments with Screens	Read a favourite story together then watch the film version. Talk about the differences between them.	Play a maths game online or on an app.	Use a painting or drawing programme to make a picture using 2D shapes. How many different shapes can you use? Can you name them?	Listen to an audio book. Can you retell the story to your adult? Which character did you like best? Why?	Use a keyboard to type your name on a picture you have drawn.
Dinner	Help an adult to prepare dinner. What are you going to have? What ingredients do you need? How long do you need to cook it for? Can you set a timer?	Prepare a menu for other family members so they know what they are having for dinner tonight.	Talk about the different foods on the plate and where they come from.	Set the table. How many knives, forks, glasses and plates do you need? Do you have a fork for every knife?	Make place cards for everyone by writing their names and drawing a picture of their favourite thing.
Free Time	Think about how you might like to use your free time. What would you like to play with? What are you going to do with it?	Get in touch with a friend or family member via the Internet or on a phone. Say hello and tell them what you've done today.	Talk about the favourite thing you did today. Why was it so much fun?	Plan what you are going to do tomorrow.	Choose your favourite game and spend some time playing it.
Bedtime	Have a bath with dolls and/or action figures. Make sure they all get a good wash too.	Play with different jugs, bowls, cups and spoons in the bath. Can you guess how many cups it will take to fill the jug? Which jug holds the most? How can you find out?	Brush your teeth. Can you set a timer for two minutes and brush for the whole time? How will you know when your time is up? Can you think of other things that take about two minutes?	Choose an extra toy to cuddle up with you in bed.	Choose a bedtime story to read together.