

Time	Activity	Emotion
7:45	Wake up, get ready for school	
8:00	Have healthy breakfast	
8:20	Walk to school	
8:40	School starts – empty bag and prepare for the day	
9:00	Grammar lesson	
9:30	English – writing a story	
10:30	Playtime.	
10:45	Back into class for maths – division	
11:45	Vocabulary	
12:15	Lunchtime	
1:10	Back to class – arithmetic	
1:30	Science – light and shadows	
2:30	Spelling test	
2:45	Silent reading	
3:00	Star of the Week	
3:30	Hometime	
4:00	Do reading and practise spellings	
4:30	Play on tablet	
5:00	Eat dinner on the sofa	
5:30	Watch TV	
6:30	Shower and ready for bed	
7:00	Bedtime	