



## 1) Print off our free home school timetable (including 38 activities)

Stick the timetable on the wall (3x A4 sheets stuck together) and cut out the 38 activity cards (create extra activities and throw some away to customise them to your children's interests).

At the beginning of each day, parents select mandatory activities for today's timetable (e.g. workbook / desk work, house jobs etc) and the kids get to choose one activity each (e.g. painting rocks with positive words, nature walk, make a time capsule, watch a documentary and write 10 facts about it, raise money for charity, make a gift, create a recipe etc). Using blue tac, stick the activities to the timetable in order of when you are going to do them. The mandatory activities must be completed before moving onto the chosen ones. If the kids complete all activities, they can choose more.

This gives the children some routine, they get to choose activities which is great for intrinsic motivation, and the activities require no preparation or expenditure! It doesn't matter when you start or how late you sleep in, and the kids can have breaks whenever they want, but they always have something to do. No more battles!



## 2) Circle time

Circle time is a great way to start the day (after a quick workout with Joe Wicks on YouTube!). Print out our Circle Time poster (double sided) and stick it to the wall above your timetable so you can refer to it every morning.

The rules of Circle Time is that only the person holding the talking stick can talk whilst everyone else listens. You ask a question and pass the stick around the circle so everyone has a turn answering it. Questions are things like, 'what is something someone in the family has done that you are thankful for?', 'tell us about a happy memory' and 'what is your daily work goal today'. When done properly, circle time is everyone's favourite part of the day and is full of beautiful moments that bring the family together. It also establishes a bit of team spirit to get through any challenges you might face!



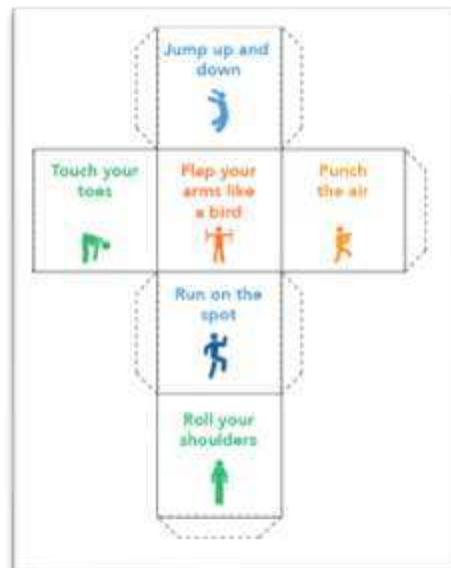
### 3) 'Daily Work Goal' poster

If you want to go all out, you can also print out our 'Daily work goal' poster. Let the children set their own goals so they have autonomy and are intrinsically motivated, and write them on the poster in pencil so you can rub it out each day, or laminate and write on it with a board marker. Make sure the kids start small and build up so they get a sense of achievement.



### 4) Brain-break dice

The 'Brain-break dice' can be used when your child reaches the end of their concentration span. If they have lots of energy and need to let off some steam, or they are lethargic and need shaking up, let them roll the dice and do 5-20 reps of each exercise before getting back to it.



We hope this helps and wish you and your family all the best with it