

Routines

We know keeping to routines is one of the best ways to support our children with home learning but how can we do it? Here are some resources we hope will help...



[Video: Supporting daily routines](#)

This week in your home learning books you will find a tick sheet to help support you in creating a routine and helping you get everybody to stick to it. Don't forget to share it with your teacher and show off how well you are doing!

Routine Tick List

Good routines help us to learn, grow and be happy.

How many ticks will you get this week?

Don't forget to share with your teacher during your teams meeting or on Seesaw!

	M	T	W	T	F
I woke up at a good time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I did some exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I had regular meals and drank water.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoyed some reading in a quiet space.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I practised a maths skill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I completed some school work at my work space. I shunked it so I had some breaks too.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I talked to my family about my day and how I am feeling. I asked them about their day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I helped with a household job and talked to my family what I did it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I contacted my friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I spent some time on my creative hobby.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My parent/teacher told me what I did well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My goal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My goal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sleep

One of the hardest things in a routine can be getting to sleep at a decent time and so being ready to get up at a good time in the morning.



Here is an example from [The Sleep Charity](#) of a routine you could try at home...

Sample Bedtime Programme

7.00pm

Dim lights, turn off all screen activity

7.05pm

Calming activity using child's interest. Hand eye co-ordination activities are good.
[Colouring](#)/drawing/cutting and sticking/jigsaws/bricks

7.15pm

Supper time with [sleepy foods](#)

7.30pm

Upstairs for bath time (if this is appropriate) alternatively massage/mindfulness activities.
Pyjama's on from radiator if no bath.

8.00pm

Hugs and Kisses (Keep these to the same length each night) say it's sleep time.

If child gets up follow steps for either gradual retreat/rapid return depending on strategy being used.

Stay calm.

No eye contact and no conversation.

Only use set phrase (It's sleep time).

For more information and support – [Open Minds Calderdale](#)