

Example Weekly Timetable for SEND home schooling



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30 AM (Start of the day)	Morning Check-In and discuss feelings	Morning Check-In and discuss feelings	Morning Check-In and discuss feelings	Morning Check-In and discuss feelings	Morning Check-In and discuss feelings
9:30-10:00 AM	Life Skills: Teach and practice hygiene skills like brushing teeth, washing hands, or organising personal items	Art & Creativity: Free Drawing / Collage	Outdoor Play: Kicking and throwing a ball	Maths: Number Games (Interactive and hands-on)	Drama & Role-play: Imaginative play
10:00-10:30 AM	Maths: Pattern Recognition (Puzzles, games and sorting tasks)	Therapeutic Play: Sand or Water Play (Sensory)	Science: Exploring Nature (Simple experiments)	Social Skills: Building a project together (e.g., constructing a LEGO set, creating a craft).	Creative Time: Explore music, rhythm, or simple dancing for self-expression.
10:30-11:00 AM	Snack & Sensory Break	Snack & Sensory Break	Snack & Sensory Break	Snack & Sensory Break	Snack & Sensory Break
11:00-11:45 AM	Sensory Break: calming activities like hand and foot massages to feel grounded and relaxed	Outdoor Learning: Nature Walk & Scavenger Hunt	English: Story Time & Phonics (Interactive reading)	Sensory Play: Playdough or Clay Play to support fine motor skills	Maths: Simple Addition & Subtraction Games (Visual aids)
11:45-12:30 PM	Social Skills: Practice common social situations like greeting others, sharing, or asking for help through role-play	Cooking Skills: Simple cooking tasks (e.g., making a sandwich, mixing ingredients), focusing on following instructions and measuring.	Life Skills: Tidying up & Organising (Routine building)	Therapeutic Time: Mindfulness (Breathing exercises, relaxation)	PE: Team Sports (Running, simple games)
12:30-1:00 PM	Lunch & Sensory Break	Lunch & Sensory Break	Lunch & Sensory Break	Lunch & Sensory Break	Lunch & Sensory Break
1:00-1:30 PM	Science: A hands-on science activity like making slime, volcanoes (baking soda & vinegar), or exploring magnets	Literacy: Writing Practice (Simple sentences or words)	Art & Creativity: Nature Crafts (Leaf printing, etc.)	Music: Instruments (Exploration of sounds)	Art & Creativity: Finger Painting or Sculpting
1:30-2:00 PM	Therapeutic Time: Relaxation Techniques (Soft music, calm down)	Social Skills: Use board games or card games to practice taking turns and following rules	Maths: Counting with Blocks or Shapes	English: Use large print, tactile letters, or writing apps for practicing letters or simple words.	Sensory Break: Quiet break to decompress, perhaps with a weighted blanket or deep pressure activities
2:00-2:30 PM	Outdoor Play: A short walk outside or nature exploration, helping the child connect with the environment	Group Activity: Cooperative Games (Building towers, teamwork)	Life Skills: Helping with Simple Tasks (folding the washing)	PE: Dance & Movement (Coordinating body movements)	Cooking Skills: Simple cooking tasks (e.g., making a sandwich, mixing ingredients), focusing on following instructions and measuring.
2:30-3:00pm (Activity before home time at 3:00pm)	Incorporate interests: Let the child choose an activity of their choice	Incorporate interests: Let the child choose an activity of their choice	Incorporate interests: Let the child choose an activity of their choice	Incorporate interests: Let the child choose an activity of their choice	Incorporate interests: Let the child choose an activity of their choice