

# Year 1 Week 7 Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9.00 - 9.30					
9.40 - 10.00	Writing task	Maths	Handwriting practise		
10.00 - 10.30					
 10.30 - 10.45 Brain break					
10.45 - 11.00 Healthy snack					
11.00 - 11.20		Reading task	Maths	Geography	Handwriting practise
11.30 - 11.50 Read for pleasure					
12.00 - 13.00					
13.00- 13.20	Handwriting practise	Writing		Handwriting practise	
13.30 - 14.00 Mindful activities	 <b>Mindful Seeing</b> 54321 Stand still and look mindfully for: 5 things that are blue 4 green 3 red 2 brown 1 purple	<b>Mindful Listening</b> Put on some music and listen mindfully.  How many instruments can you hear?	<b>Kindness</b> Write a list of all the different ways you could be kind today. Then do your best to be as kind as you can and do as many kind acts as you can.	<b>Mindful Seeing</b> Mindfully draw and colour in a picture.  Mindfully move your pencil/pen to colour inside the lines.	<b>Mindful Movement</b> Dance to your favourite tunes.  Each time a song stops stand and create a different balance pose.
14.00 - 15.00 Child initiated building Family board games Walk/run/cycle					