




Guideline of possible learning experiences 1 - 4

Wake up before 9am:	 WAKE UP	 Wash your face, change your clothes, make your bed, breakfast, brush your teeth.....
1HR	MORNING EXERCISE	Take your dog for a walk, meditate, go for a run, do a circuit.
1HR	ACADEMIC TIME (NO DEVICES) 	TE REO MĀORI: Reading, Writing and oral component. Explore your home environment for language rich experiences. Keep a record of learning opportunities that you participated in. Discuss your experiences with your whānau and get their view. This may also be a good opportunity to interview the people in your house about what school was like for them at your age. What are the same and what are different?
1HR	CREATIVE TIME 	Lego challenge Building forts Sketch play Baking, cooking and designing a menu and shopping list for the week Making stuff out of recycled material Playdough, slime, bubbles Drawing 
30 MINS LUNCH		
30 MINS	CHORES TIME 	Safe Hygiene Practices: Dishes, Vacuuming, Laundry Wiping surfaces: Door handles, working spaces, light switches. Sanitising everything.
1 HR	QUIET TIME	Meditation, taking a nap, reading a book, puzzle time
1.5 HRS	ACADEMIC TIME (DEVICES OK) 	iPad games: Maths focus or Online/Offline Activities as per our website Addition, subtraction, multiplication, division, equal sharing, measurement, money matters, geometry, patterning.
1 HR	AFTERNOON FRESH AIR	Getting outside on the bike, ball games, jump on the tramp, play games, take the dog for a walk.
1 HR	DINNER	Help with dinner preparations, set and clear the table etc

Please note that these are only guidelines, there is no expectation that these will be followed. The time frames are recommendations only, however for our year 1-2 students should only have a maximum of 2 hours of learning each day. Years 3-4 students are capable of 3-4 hours of academic learning. Please feel free to contact your teacher via their kura emails if required but please note that a response may not occur straight away.

We know this will be a difficult time for everyone so we do not have an expectation that academic learning will continue as it would at school. But learning takes various forms and can be sitting on the couch together talking about what your schooling life was like, what your upbringing was like and allowing your child to identify what the similarities and/or differences there are.

When times are stressful, find strategies to distance yourself from your children such as having a cup of tea in your own space, by sending them out to play etc.

Stay safe, stay well and try to enjoy the quality time you spend with your whānau.