

Suggested Daily Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast & Tidy Up	Breakfast & Tidy Up	Breakfast & Tidy Up	Breakfast & Tidy Up	Breakfast & Tidy Up
9am - 9.30am	Google Classroom Check-In & Activities	Google Classroom Check-In & Activities	Google Classroom Check-In & Activities	Google Classroom Check-In & Activities	Google Classroom Check-In & Activities
9.30am - 10am	Practise Spellings & Times Tables	Practise Spellings & Times Tables	Practise Spellings & Times Tables	Practise Spellings & Times Tables	Practise Spellings & Times Tables
10am - 10.30am	Exercise	Exercise	Exercise	Exercise	Exercise
10.30am - 11am	Break / Snack & Tidy Up	Break / Snack & Tidy Up	Break / Snack & Tidy Up	Break / Snack & Tidy Up	Break / Snack & Tidy Up
11am - 12pm	RTÉ Home School Hub	RTÉ Home School Hub	RTÉ Home School Hub	RTÉ Home School Hub	RTÉ Home School Hub
12pm - 12.30pm	Google Classroom Activities	Google Classroom Activities	Google Classroom Activities	Google Classroom Activities	Google Classroom Activities
12.30pm - 1pm	Exercise	Exercise	Exercise	Exercise	Exercise
1pm - 1.30pm	Lunch & Tidy Up	Lunch & Tidy Up	Lunch & Tidy Up	Lunch & Tidy Up	Lunch & Tidy Up
1.30pm - 2pm	Reading Eggs	Reading Eggs	Reading Eggs	Reading Eggs	Reading Eggs
2pm - 2.30pm	Mathletics	Mathletics	Mathletics	Mathletics	Mathletics
	Dinner & Tidy Up	Dinner & Tidy Up	Dinner & Tidy Up	Dinner & Tidy Up	Dinner & Tidy Up
	Activity Choice Board	Activity Choice Board	Activity Choice Board	Activity Choice Board	Activity Choice Board
	Relax	Relax	Relax	Relax	Relax
	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Activity Choice Board

Make up a word search	Spend some time outside	Draw or paint something	Pair your socks	Build a tower of cards	Keep a diary or wellness journal	Take a Go Noodle break
Colour a picture online	Write a letter to your favourite celebrity	Help to make lunch or dinner	Make a paper airplane	Create a project on your favourite animal	Design a cover for your favourite book	Play 20 questions
Build a bridge using only newspaper	Make up a quiz	Dance along to your favourite song	Make your bed	Say something nice to someone	Listen to a PODCAST	Write a new ending for your favourite book
Watch RTÉ Home School Hub	Do a jigsaw	Watch something on Cúla4 / TG4	Fold and put away your clothes	Exercise for at least 15 minutes	Read a story to someone younger	Try some relaxing meditation
Read a book	Make a crossword	Hoover the house	Make a collage out of magazines / newspapers	Try this workout from YouTube	Do something nice for someone	Play a board game
Try some fun tangrams	Try some creative writing	Help make breakfast	Tidy your bedroom	Hide something & draw a treasure map to find it	Spend time talking with your family	Try make some origami



St. Thomas' Senior National School

