

BEA Amber Term 1 timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8.50-9.20	Transition to the classroom, self-regulation time.	Transition to the classroom, self-regulation time.	Transition to the classroom, self-regulation time.	Transition to the classroom, self-regulation time.	Transition to the classroom, t, self-regulation time.
9.20 9:45	Good Morning Check in Understanding emotions through Zones of Regulation Make it Monday – making emotional faces	Good Morning Check in Understanding emotions through Zones of Regulation Tunes Tuesday – matching music to emotions	Good Morning Check in Understanding emotions through Zones of Regulation Wiggle Wednesday – to think about how we feel through movement	Good Morning Check in Understanding emotions through Zones of Regulation Touch Thursday – to explore textures to see how they make us feel	Good Morning registration and check in Forest school
9:45 : 10:00	Cognition break/sensory regulation – to prevent cognition stress/overload	Cognition break/sensory regulation – to prevent cognition stress/overload	Cognition break/sensory regulation – to prevent cognition stress/overload	Cognition break/sensory regulation – to prevent cognition stress/overload	Forest school
10:00– 10:30	Cognition - maths	Cognition - maths	Cooking	Cognition - maths	Forest school
10:30 -10:45	Enrichment and Social Relationship (playtime)	Enrichment and Social Relationship (playtime)	Enrichment and Social Relationship (playtime)	Enrichment and Social Relationship (playtime)	Enrichment and Social Relationship (playtime)
10.45 11:00	Communication and independence (snack)	Communication and independence (snack)	Communication and independence (snack)	Communication and independence (snack)	Communication and independence (snack)
11:00 – 11:20	Attention time Sensory story	PE	Attention time Sensory story	Attention time Sensory story	Attention time Sensory story
11.:20– 11:30	toilet	toilet	toilet	toilet	toielt
11:30- 11:45	Sound awareness	PE	Sound awareness	Sound awareness	Sound awareness

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11:45 – 11:55	Wash hands ready for lunch	Wash hands ready for lunch	Wash hands ready for lunch	Wash hands ready for lunch	Wash hands ready for lunch
12.00- 1:10	Enrichment and Social Relationship	Enrichment and Social Relationship	Enrichment and Social Relationship	Enrichment and Social Relationship	Enrichment and Social Relationship
1:10 – 1:45	Good afternoon Understanding emotions through Zones of Regulation Make it Monday – making emotional faces Looking good	Good afternoon Understanding emotions through Zones of Regulation Tunes Tuesday – matching music to emotions Looking good	Good afternoon Understanding emotions through Zones of Regulation Wiggle Wednesday – to think about how we feel through movement Looking good	Good afternoon Zones of regulation Understanding emotions through Zones of Regulation Touch Thursday – to explore textures to see how they make us feel Looking good	Good afternoon Zones of regulation Understanding emotions through Zones of Regulation Food fun Friday to make edible faces using a variety of ingredients Looking good
1:45 2:00	Cognition break/sensory regulation	Cognition break/sensory regulation	Cognition break/sensory regulation	Cognition break/sensory regulation	Cognition break/sensory regulation
2:00– 2:15	Theraplay	Theraplay	Theraplay	Theraplay	Lower school assembly
2.15 - 2:30	Enrichment and Social Relationship (playtime)	Enrichment and Social Relationship (playtime)	Enrichment and Social Relationship (playtime)	Forest school	Enrichment and Social Relationship (playtime)
2.30 - 2.45	Communication and independence (snack)	Communication and independence (snack)	Communication and independence (snack)	Communication and independence (snack)	Communication and independence (snack)
2.45 -3.10	Class Assembly - Story time what have you enjoyed today	Class Assembly – Story what have you enjoyed today	Class Assembly – Story time what have you enjoyed today	Class Assembly – Story time what have you enjoyed today	Class Assembly – Story time pupils voice what have you enjoyed