Garswood suggested daily timetable:

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|  | Exercise |  | Education |  | Free time |  | Helping time |

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| Time | Activity | Notes |
| Before 9.00am | Wake up |  |
| 9.00 – 10.00am | Morning walk |  |
| 10.00 – 11.00am | Learning time (without screens) |  |
| 11.00 – 12.00pm | Creative time |  |
| 12.00 – 12.30pm | Lunch time |  |
| 12.30 – 1.00pm | Jobs around the house |  |
| 1.00 – 2.30pm | Quiet time |  |
| 2.30 – 4.00pm | Learning time (with screens) |  |
| 4.00 – 5.00pm | Fresh Air |  |
| 5.00 – 6.00pm | Dinner time |  |
| 6.00 – 8.00pm | Free time |  |
| 8.00pm | Bedtime |  |
| 8.30pm | Bedtime for schedule children |  |