

The Bethlem and Maudsley Hospital School

ITP timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	
9.30 – 9.45	Handover	Handover	Handover	Handover	Handover	
9.45-10.00	Day Planning	Day Planning	Day Planning	Day Planning	Day Planning	
10.00-11.00	Education	Education	Education	Education	Education	
	Family Meetings				1:1	
11.00-11.30	Morning Break	Morning Break	Morning Break	Morning Break	Morning Break	
11.30-12.30	Education	Education	Education "Joining the Dots"	Education	Education	
					1:1	
12.30-1.00	Lunch	Lunch	Lunch	Lunch	Lunch	
1.00-1.30	Break	Break	Break/Physical Observations	Break	Break/Physical Observations	
1.30-2.15	Mindfulness / Stop B	Education	Who do you think you are?	1:30-2:15 Education	Overcoming Obstacles	
2.15-3.00	Flexible Thinking				Managing Relationships	
3.00-3.30	After School Snack	After School Snack	After School Snack	3.15 After School Snack	After School Snack	
3.30-4.00	Coping with Distress	Home	Managing Emotions	Home	Family Meeting	
4.00 – 5.00	Yoga		Parent Skills Group	Group Activity	ITP Meeting / Whole school Staff Meeting	Home
5.00-6.00	YP Dinner		Family Meals			
6.00-6.30	Rest		Family workshop			
	Home		Home			