

Daily Schedule

Before 9:00 AM	Wake Up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning Walk/Work out	Family walk, Yoga, Obstacle course
10:00-11:00	Academic Time	No Screen time, Books, homework, flash cards, etc
11:00-12:00	Creative Time	Sensory Play, Fine motor, legos, magna tiles, crafting, play music, cook or bake, etc
12:00	Lunch	Kids help prep and clean up
12:30	Chore Time	A-Wipe off kitchen tables and chairs B-wipe all door handles, light switches and desk tops C-Wipe bathrooms-sinks and toilets
1:00-2:00	Quiet Time	Reading, puzzles, nap, SCREEN OK
2:00-3:00	Active Time	Outside, indoor motor play
3:00-4:30	Academic Time	Homework, educational apps/shows, board games
4:30-5:30	Afternoon Fresh Air	Bikes, Walk, play outside
5:30-6:30	Dinner	Kids help prep and clean up
6:30-8:00	Quiet Time	Bathing, quiet music, reading, yoga
8:00-9:00	Bedtime	Depending on age of child