

COVID - 19 Daily Schedule

9:00 am or before	Wake Up	Eat breakfast, make your bed, get dressed and clean up your room
10:00 – 10:45	Morning Walk	Take a family walk. If the weather is not nice, do some sort of other exercise inside. There are lots of online movement videos to wake your brain.
10:45 – 12:00	Academics	NO ELECTRONICS Read, write, practice math, play games
12:00	LUNCH	
12:30 – 1:00	Chores	Help your family out. Clean up the dishes, fold the laundry, empty the dishwasher...whatever needs to be done. 😊
1:00 – 2:00	Quiet Time	Read a book. Take a nap. Do a puzzle. Play a card game.
2:00 – 3:00	Academics	ELECTRONICS ALLOWED Use one of the sites sent to your families
3:00 – 4:00	Outside	Bike riding, walks, scooters, sports, play with a friend
4:00 – 5:00	Creative Time	Build with Legos. Draw or do a craft. Help make dinner. Play some music.
5:00 – 6:00	Dinner	
6:00 – 8:00	Family Time	Watch Tv. Play games. Have fun!
8:00	Bedtime	
9:00	Bedtime	All kiddos who follow the daily schedule without fighting or whining.