

Daily Schedule COVID-19

Before 9 a.m.	Rise and Shine	Wake, brush teeth, get dressed, make bed, night clothes in laundry, eat breakfast
9 a.m.	Fresh air/ movement	Family walk or stretches in family room depending on weather
9:30 a.m.	Learning	No Electronics Use materials school provides and online sources like ABC Mouse and Adapted Mind
10:30 a.m.	Creative Time	Craft, cook, draw, write, bake, practice music, etc.
11:30 a.m.	Lunch	
Noon	Recess	Bikes, scooters, trampoline, walk, chalk art
12:30 p.m.	Chores	Wipe kitchen table and chairs Wipe door handles, light switches, desk tops Wipe sinks and toilets
1 p.m.	Quiet Time	Reading, nap, meditation, prayer
2 p.m.	Learning	No Electronics Use materials school provides and online sources like ABC Mouse and Adapted Mind
3 p.m.	Fresh air/movement	Bikes, scooters, trampoline, walk, chalk art
4 p.m.	Free Time	
5:30 p.m.	Dinner	
6 p.m.	Free Time	
By 8:30 p.m.	Get ready for bed	Showers, night clothes on, give thanks
9:30 p.m.	In bed	