

DAILY ROUTINE

Before 9:00 AM	Wake up!	Make bed, eat breakfast, brush teeth, get dressed
9:00 – 10:00	Outdoor Time	Family walk or outdoor playtime
10:00 – 11:00	Academic Time	No electronics! Read, online classwork, study, puzzles, journal
11:00 – 12:00	Creative Time	Draw, Lego, craft, music, cook, bake, science experiments
12:00 – 12:30	LUNCH	
12:30 – 1:00	Home Chores	Take out trash, sweep, clean room, wipe down surfaces
1:00 – 2:30	Quiet Time	Read, nap, puzzle, yoga
2:30 – 4:00	Academic Time	Electronic time! Educational games, virtual tours, online activities
4:00 – 5:00	Outdoor Time	Family walk or outdoor playtime