



<u>Time</u>	<u>Activity</u>	<u>Description</u>
Before 9:00 a.m.	Wake up	Eat breakfast, make your bed, get washed and dressed.
9:00-10:00	Morning Walk or Exercises	Family walk or exercises in the back yard. Stretching, yoga and mindfulness breathing.
10:00-11:00	Academic Time	NO ELECTRONICS!! Any work provided by school, study guide, quiz books, times tables, story writing, etc.
11:00-12:00	Creative Time	Legos, drawing, painting, cooking, baking, etc.
12:00	Lunch	
12:30-1:00	Chore Time	Wiping down, dusting, laundry, vacuuming, washing dishes, putting toys away.
1:00-2:00	Quiet Time	Reading, puzzles, coloring, napping, mindfulness.
2:00-3:00	Academic Time	iPad, math games, educational show, etc.
3:00-4:00	Outdoor Time	Play outside, go for a walk or outside for a snack.
4:00-5:00	Free Time	Games, TV, electronics, play with toys.
5:00-6:00	Dinner	
6:00-7:00	Free Time	Games, TV, electronics, play with toys.
After 7:00 p.m.	Bath & Bedtime	Adjust to your usual routine