

Before 9:00 am	Wake up	Eat breakfast, get dress, make bed, put pajamas in the laundry
9:00-10:00	Play Time	One hour of uninterrupted play – child lead play, clean up toys
10:00-10:30	Academic Time	Can use academic apps (Khan academy kids, starfall are great ones to try, use online resources that have been shared.
10:30-11:00	Reading Time	Read stories, take picture walks.
11:00-12:00	Fresh Air	Get outside – go on a walk, take the family dog for a walk, go on a scavenger hunt (look for letters, numbers, and shapes). If weather is not the best, do dance parties, yoga, create an obstacle course.
12:00	Lunch	
12:30	Chore Time	Have them help with dishes, put dirty laundry in baskets, dust, wipe down chairs, tables, door knobs, light switches
1:00-2:30	Rest Time	Puzzles, reading, sleep
2:30	Snack Time	
3:00-4:00	Creative Time	Play dough, Legos, magnet tiles, baking, coloring books,
4:00-5:00	Play Time	
5:00-6:00	Dinner Time	
6:00-7:00	Family Time	Play a game, build a blanket fort, dance party (go noodle is a great one)
7:00-8:00	Bed Time	Bed time routine