

Structure Daily Schedule

Before 9:30 am	Wake Up	Eat breakfast, make your bed, take a shower, get dressed, brush your teeth
9:30 – 10:00	Morning Exercise	Family walk, yoga, strength and conditioning, stretches, etc.
10:00 – 11:30	Academic Time	NO ELECTRONICS – If you don't have assigned work from school you can read, do Soduko books, word searches, flash cards, journal, cursive and handwriting practice, etc.
11:30 – 12:30	Creative Time	Legos, magnets, playdough, drawing, painting, dancing, cooking, science experiments, puzzles, play with blocks, crafts, etc.
12:30	Lunch	Don't forget to clean up after yourself
1:00	Chores	Monday – wipe kitchen table and chairs; put away dishes Tuesday – wipe all door handles and light switches Wednesday – clean the bathroom sink and toilet Thursday – run the vacuum; clean your room Friday – help with the laundry
1:30 – 2:30	Quiet Time	Take a nap, rest, read, do puzzles, color – do something by yourself that doesn't distract others or make noise
2:30 – 4:00	Academic Time	ELECTRONICS OK - If you don't have assigned work from school you can research an interesting topic, play an online math or spelling game, go onto an educational website like Prodigy, etc.
4:00 – 5:00	Afternoon Fresh Air	Bike ride, play basketball, play outside, go on the trampoline, play Hide and Seek, jump rope, etc.
5:00 – 6:00	Dinner	Don't forget to clean up after yourself
6:00 – 8:00	Free time	TV, electronics, family game, snack, etc.
Between 8 and 9	Bedtime	