

At Home School Work Day Schedule

Before 8:30am	Wake Up & Get Ready	Eat breakfast, brush teeth, get dressed, pack lunch for later if desired
8:30am	Exercise	Go for a walk, GoNoodle, play outside
9:00am	School/Work	Use online Resources listed, educational games, typing school in 20 - 60 min. increments with breaks as needed
11:30am	Lunch	Sit down and with your kid
12:00pm	Creative Free Time	Garden, Legos, Draw, Paint, Create
1:00pm	School/Work	Read, Practice Flash Cards, Watch Educational Show, Practice Piano/ Instrument
2:00pm	Snack & Chores	Eat quick snack and do household chores, clean room
4:00pm	Exercise & Free Time	Play catch, play basketball, ride bikes, get moving
6:00pm	Dinner	
7:30pm	Read Before Bed	Together on on their own
8:00pm	Bedtime	