

Routine help children feel safe and helps minimize behavior. It will also help your child adjust when he/she return back to school. Below is a suggested schedule to help get you started.

Suggested times	Suggested Daily Schedule	
Before 9:00 AM	Wake Up	Wash hands, brush teeth, eat breakfast, make your bed, get dressed, put PJ's in laundry.
15-20 minutes	Morning Walk	Family walk, yoga if raining. (keeping social distant)
20-25 minutes	Academic Time	Read a story, retell or act out your favorite story, make up a story, draw a picture of the story.
35-40 minutes	Creative time	Legos, drawing, crafting, playing music, cooking or baking, dancing, exercising, etc.
45 minutes	Lunch <u>Allow additional time for travel to distribution sites</u>	Wash your hands, help an adult prepare lunch.
30 minutes	Chore Time	<ul style="list-style-type: none"> A. Wipe all kitchen tables and chairs. B. Wipe all door handles, light switches, and desk tops. C. Clean and organize toys. D. Sort laundry.
45 minutes	Mindfulness, Quiet time	Reading, yoga, nap
40 minutes	Academic Time	Educational computer games (starfall,abcya, ready4K https://ready4k.parentpowered.com/covid.html)
60 minutes	Afternoon Fresh Air	Take a walk, play outside, (if raining, dance party, exercise keeping social Distant https://www.youtube.com/user/walkathome media
20 minutes	Reflection time	Have an adult listen to or record the exciting things you did today.