

Daily Schedule

**** edit as you see fit**

Before 9am	Wake up	Eat breakfast, make your bed, get dressed, morning activities
9:00-10:00 am	Morning Exercise	Talk a walk, do some mindfulness, GoNoodle activity
10:00-11:00 am	Academic Time	Morning checkin, read for 15-20 min, do an ELA class assignment
11:00 am -12:00 pm	Creative Time/ Math	Do a counting collection, Math Lesson, draw, color, make a craft, play music, cook etc.
12:00 pm	Lunch	
12:30 pm	Chore Time	Clean your room, wipe the tables, wipe the door handles and light switches, other household chores
1:00-2:30 pm	Quiet Time	Reading, puzzle, quiet activity
2:00-4:00 pm	Academic Time	DreamBox, Teach your Monster to Read, ReadWorks, finish any assignments from the morning, Academic Assignment
4:00-5:00 pm	Afternoon Fresh Air	Bikes, play outside
5:00-8:00 pm	Dinner	
6:00-8:00 pm	Free time	