

# DAILY SCHEDULE

7:00-8:30	<b>Start the Day</b>	<ul style="list-style-type: none"><li>• get dressed • make the bed • brush teeth • eat breakfast</li><li>• feed pets</li></ul>
8:30-9:00	<b>Get Moving</b>	<ul style="list-style-type: none"><li>• walk the dog • family walk</li><li>• yoga, stretching, get moving inside if the weather is bad</li></ul>
9:00-10:00	<b>Learn</b>	<ul style="list-style-type: none"><li>• school work</li><li>• edHelper sight words and word study packet</li></ul>
10:00-11:00	<b>Create</b>	<ul style="list-style-type: none"><li>• drawing • crafts • legos, blocks, magnet tiles • baking</li></ul>
11:00-12:00	<b>Lunch</b>	
12:00-1:00	<b>Get Moving</b>	<ul style="list-style-type: none"><li>• scooters and bikes • play outside • explore outside</li><li>• music and dancing inside if the weather is bad</li></ul>
1:00-1:30	<b>Work</b>	<ul style="list-style-type: none"><li>• chores • tidy messes</li></ul>
1:30-2:30	<b>Learn</b>	<ul style="list-style-type: none"><li>• School work</li><li>• edHelper math packet</li></ul>
2:30-3:30	<b>Fun</b>	<ul style="list-style-type: none"><li>• edHelper puzzles packet • games • puzzles • music</li><li>• educational video games • educational TV</li></ul>
3:30-5:00	<b>Free Time</b>	<ul style="list-style-type: none"><li>• reading • TV • movie • video games • crafts • coloring</li><li>• play outside</li></ul>
5:00-6:00	<b>Dinner</b>	
6:00-7:30	<b>Family Time</b>	<ul style="list-style-type: none"><li>• family walk or bike ride • game • TV/Movie</li><li>• Practice sports</li></ul>
7:30-8:30	<b>Bedtime</b>	<ul style="list-style-type: none"><li>• showers and pjs • brush teeth • read books</li></ul>

