

# Possible daily schedule

Before 9:00 AM	<b>Wake up!</b>	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	<b>Outdoor Time</b>	Family walk or outdoor play
10:00-11:00	<b>Academic Time</b>	Home learning
11:00-12:00	<b>Creative Time</b>	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	<b>LUNCH</b>	
12:30-1:00	<b>Home Chores</b>	Clean rooms, put away toys, take out rubbish, pet care
1:00-2:30	<b>Quiet Time</b>	Reading, puzzles, yoga
2:30-4:00	<b>Academic Time</b>	Home learning
4:00-5:00	<b>Outdoor time</b>	Family walk or outdoor play
5:00-6:00	<b>Dinner time</b>	Family dinner, help with clean-up and dishes
6:00-7:00	<b>Bath time</b>	Bath or shower
7:00-8:00	<b>Reading/TV time</b>	Relaxing before bedtime. Bedtime