

Daily Schedule

	Kid/Family Activity	Description	Parent Activity
Before 8:30am	Regular morning routine		
8:30-9:30	Center Time	Set up 3-5 fun stations, such as LEGOS, coloring sheets, reading/writing, puzzle, cars, play doh, etc. The kids choose their center and switch after 30 minutes. Set a timer.	Do your own work
9:30-10:30	Academic Time	Complete packets from school, review concepts they have struggled with, use online educational resources	Guide instruction, give support
- Grab a snack -			
10:30-11:15	Creative Time	Simple art projects (collage, paint box for storage, diy connect-the-dots, draw their favorite characters), practice instruments, watch videos about musicians and/or dancers, write a skit	Do your own work
11:15-11:30	Phone a Friend	Have the kids practice their phone skills while checking in on friends and family	Guide them through the phone call
11:30-12:00	Quiet Time	Read, nap, play on devices, watch TV	Do your own work/Prep lunch
12:00-12:30	Lunch		Do your own work
12:30-1:00	Outside Time	Free time or center time inside if it's raining or too cold	Do your own work
1:00-2:00	Academic Time	Same as before or, if you're feeling ambitious, you can do a theme they are interested in. For example, you can do a unit on plants and find math, reading, social studies and science activities on that subject. You can do the same theme for two-three weeks.	Guide instruction, give support
2:00-2:30	Gym	Structured physical activity, like yoga, bike riding, taking a walk, finding online exercises classes for kids, track and field activities	Guide instruction, give support, join in!
2:30-3:00	Wrap it Up/Chores	Clean up centers and work areas; Have a list of chores they can choose from or make them do the same 3 things everyday	Argue with the kids/Guide chores
3:00-4:00	Quiet Time	Read, nap, play on devices, watch TV	Do your own work
4:00-6:00	Family Time	Play outside, make dinner, play on devices, chill out	