

DAILY SCHEDULE



7:00-8:00AM WAKE UP Eat breakfast, brush teeth, get dressed

8:00-9:00AM EXERCISE Take a walk, do jumping jacks, do a dance routine

9:00-9:30AM MINDFULNESS Yoga, reflection, journal

9:30-11:00AM ACADEMICS Assigned work, study guide, online learning

11:00-12:00PM ARTS crafts, music, cook

12:00-12:30PM LUNCH

12:30-1:00PM CHORES Wipe down handles, light switches, surfaces

1:00-2:00PM QUIET TIME Read, do a puzzle, nap

2:00-4:00PM ACADEMICS Assigned work, journal, study guide

4:00-5:00PM PLAY RIDE bikes, play outside, jump rope

5:00-6:00PM DINNER

6:00-8:00PM FREE TIME Watch tv, homework, bath

8:00-8:30PM BED TIME