

_____’s Schedule for (date) _____

TIME	ACTIVITY	YOUR SPECIFICS
8:00 am	Breakfast & Day Planning	
8:30 am	Meditation or Yoga	
9:00 am	Academic work	
10:00 am	Snack and movement	
10:30 am	Academic work	
11:30 am	Lunch	
12:00 pm	Movement	
1:00 pm	Independent time	
2:00 pm	Household help	
2:30 pm	Academic work	
3:00 pm	Project/Art/Music	
4:00 pm	Social Time	
4:30 pm	Check over day’s accomplishments w/someone	
5:00 pm	Cooking Time	

Academic work includes: Reading, Writing, Journaling, Math, Social Studies, Science, Coding, Typing at typeworks.com, Video Production, Kahn Academy, Prodigy, Readworks.org, National Geographic

Movement includes: Soccer, Volleyball, Running, Trampoline, Hiking, Scavenger Hunt, Walking dog, Playing with dog, Wrestling, Parkour, Weight training, Dancing, Spinning in Circles, etc

Independent time includes: No screens, your activity choice, alone in room.. music, reading, meditating, organizing, pretending, drawing, planning, puzzles

Project/Art/Music includes: Making something, experimenting with something, baking something, creating something, organizing something, painting, drawing, creating, singing, playing instrument, magic show, science show, dancing, lip singing.

Cooking includes: planning for a recipe, creating shopping list, cooking, baking, try to challenge yourself to improve your skills

Household help includes: vacuuming, sweeping, cleaning sinks, cleaning toilets, cleaning mirrors, cleaning windows, dusting, oiling furniture, picking up around the house, cleaning room, washing laundry, drying laundry, or folding laundry, sorting give away items (does not include daily kitchen chore!)

Social time includes: zoom, facetime, google duo, microsoft teams, chatting with housemates, reaching out to friends and family where you can “SEE” their face, can also be a family/housemate game or activity.