

Suggest Daily Schedule during COVID-19

**This is only a suggestion, please adapt to fit your family and child's school work load*

Time	Activity	Ideas
Before 9:00	Wake Up	Eat breakfast, make your bed, get dressed
9:00- 9:30	Morning Exercise	Take a walk, GoNoodle
9:30-10:00	Religion	Read your Christ Light story with an adult or older sibling.
10:00-11:30	Academic Time	Work on Teacher assigned work
11:30-12:00	Creative Time	LEGO, magnets, blocks, drawing, crafting, play music, bake
12:00-12:30	Lunch	Thank you, God, for this food!
12:30-1:00	Chores	Help clean up
1:00-2:00	Quiet Time	Read a book, take a nap, puzzles
2:00- 3:30	Academic Time	Work
3:30-4:00	Afternoon Exercise	Play outside, ride your bike, GoNoodle
4:00- 5:00	Family Time	Play games, cards, do puzzles
5:00- 6:00	Dinner Time	Have kids help with meal prep and clean-up
6:00- 8:00	Free Time	Electronics, Books, Movies
8:00	Bedtime	Dependant on family preference