

DAILY SCHEDULE

TIME

ACTIVITY

WHAT TO DO!

	wake up	make bed, brush teeth, get dressed
	free time	play, walk, outdoor activity
	academic time	learning, homework, writing, no electronics!
	creative time	art projects, music, lego building
	nutrition	healthy lunch
	quiet time	reading or quiet play
	academic time	learning, homework, writing, no electronics!
	outdoor time	outdoor activity and exercise
	dinner	family dinner
	chore time	clean up and help
	free time	reading or quiet play
	bed time	brush teeth, pajamas, sleep

DAILY SCHEDULE

	TIME	ACTIVITY	WHAT TO DO!
	8-9am	wake up	make bed, brush teeth, get dressed
	9-10am	free time	play, walk, outdoor activity
	10-11am	academic time	learning, homework, writing, no electronics!
	11-12pm	creative time	art projects, music, lego building
	12-12:30pm	nutrition	healthy lunch
	12:30-1pm	quiet time	reading or quiet play
	1-3:30pm	academic time	learning, homework, writing, no electronics!
	3:30-5pm	outdoor time	outdoor activity and exercise
	5-6pm	dinner	family dinner
	6-6:30pm	chore time	clean up and help
	6:30-8pm	free time	reading or quiet play
	8pm	bed time	brush teeth, pajamas, sleep