

Time	Activity	Activity ideas
8:30-9:15	Morning Routine	Eat breakfast, do morning chores, brush teeth, review daily schedule.
9:15-10	Supervised Video Learning	Utilize video learning tools or access school video learning options. If no video learning option is available, work on supervised school assignments with a parent close by for help and support.
10-10:45	Reading	Read independently. Read a book out loud. Or, split the time between the 2 activities. Write a book review or fill in a book log. Make and color a picture about the book.
10:45-11	Free time/snack	Take a break with some indoor/outdoor free time. Exercise, play legos, or color. Move around!
11-11:45	Independent work/Video Learning	Work independently on assigned school projects or participate in video learning. Younger kids can trace letters, complete a workbook assignment or use a video learning tool.
11:45-12:45	Lunch	Have lunch and stretch and move! Play outside or find a fun game inside.
12:45-1:30	Art/Creative time	Have fun doing an art project together. Or, if there is a project through your child's school, work on that. If mom or dad needs some work time, get out the art materials and direct your child in a project.
1:30-2:15	Independent work/Video Learning	Work independently on assigned school projects or participate in video learning. Younger kids can trace letters, complete a workbook assignment or use a video learning tool.
2:15-3:00	Fitness	If possible, find an outdoor activity. Take a walk or hike, play basketball, or go to the park. If you are confined at home, you can jump rope, hula hoop, or play hop scotch. If inside, have a dance party, or do some indoor yoga or stretching!
3:00-3:45	Quiet time/nap	Find a quiet activity, read, or take a short nap.
3:45-4:15	Chores/Clean	Clean up and complete any chores.