



Sample Daily Schedule

Before 9:00 a.m.	Wake up!	Make your bed, eat breakfast, get dressed, put PJ's in appropriate place
9:00-10:00	Academic Time	Flash Cards, I-ready, Mastery Connect, Reading Comprehension, Writing, AR
10:00-11:00	Physical Movement	Gonoodle.com, exercise, dancing
11:00-12:00	Creative Time	Legos, drawing, crafts, cooking, dancing, painting
12:00- 12:30	Lunch	Eat a well-balanced meal with veggies!
12:30-1:30	Chores	*Wipe kitchen tables and chairs *Wipe all door handles and counter tops *Wipe bathrooms- sinks & toilets
1:30-2:30	Outside Time/Rest & Relax/Snacks	Play outside/take nap/eat a snack
2:30-4:00	Academic Time	Flash Cards, I-ready, Mastery Connect, Reading Comprehension, Writing, AR
4:00-5:00	Quiet Time	Reading, puzzles
5:00-6:00	Dinner	Eat a well-balanced meal with veggies!
6:00-8:00	Free Family Time/TV	Take bath/shower, spend quality time with the family
8:00-9:00	Bedtime	Get a good night's rest!