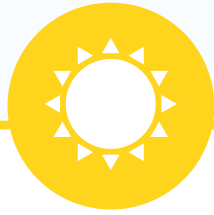


SAMPLE SCHEDULE

How to Structure a Whole Day at Home



MORNING

- Flush toilet
- Wash hands
- Turn off bathroom & bedroom lights
- Eat breakfast
- Get dressed
- Brush teeth & hair
- 30 min exercise: Basketball, scootering, GoNoodle, Yoga video, 4-square
- 30 min reading. Title:

- 45 min play / creative time: LEGOs, drawing, play dough, building with boxes, coloring books



ANY TIME

- Tidy room
- Put away laundry
- Shower
- Connect with friend or family member: Call / FaceTime / WhatsApp
- 20 min creative writing



LUNCH

AFTERNOON

- 30 min exercise: Basketball, scootering, GoNoodle, Yoga video, 4-square
- 30 min reading. Title:

- 45 min creative time:
- LEGOs, drawing, play-doh, building with blocks, coloring books
- 30 min Prodigy and/or Kahn Academy and/or Wordscapes



EVENING

- Clear dining room table
- Put hand towels from kitchen and downstairs bathroom in laundry
- Put out new hand towels in kitchen and downstairs bathroom
- Tidy toys / books / craft supplies in tv room, kitchen table
- Wipe down doorknobs, lightswitches, kitchen area, bathrooms
- Brush teeth & hair
- Put on pajamas

