

# Sample Daily Schedule for School-at-Home

Before 9am	WAKE UP	Eat breakfast, make your bed, get dressed, put PJs in laundry
9am - 10am	ACTIVE TIME	Family walk with the dog, yoga if the weather is bad, bike ride, etc.
10am-11am	ACADEMIC TIME	NO ELECTRONICS Journal, flash cards, study guide
11am-12pm	CREATIVE TIME	Legos, drawing, crafting, play music, cook or bake
12pm	LUNCH	
1230pm	CHORE TIME	Wipe down kitchen table, take out the trash, clean your room, etc.
1pm-2pm	QUIET TIME	Reading, puzzles, nap
230pm-4pm	ACADEMIC TIME	ELECTRONICS OK iPad games, educational website
4pm-5pm	AFTERNOON FRESH AIR	Bikes, walk the dog, play outside
5pm-6pm	DINNER	
6pm-8pm	FREE TV TIME	Use this time to have kids shower and prepare for bedtime
8pm	BEDTIME	Kids who follow instructions and complete the daily schedule can stay up until 9pm