



# COVID-19 Daily Schedule

Before 9:00AM	<b>Wake up</b>	Eat breakfast, make your bed, get dressed, put PJ's in laundry.
9:00AM - 10:00AM	<b>Morning walk</b>	Family walk with dog. Yoga if it's raining.
10:00AM - 11:00AM	<b>Academic time</b>	NO ELECTRONICS Sudoku books, flash cards, study guide, journal
11:00AM - 12:00PM	<b>Creative time</b>	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc.
12:00PM	<b>Lunch</b>	
12:30PM	<b>Chore time</b>	A - Wipe all kitchen tables and chair. B - Wipe all door handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilets
1:00PM - 2:30PM	<b>Quiet time</b>	Reading, puzzles, nap
2:30PM - 4:00PM	<b>Academic time</b>	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00PM - 5:00PM	<b>Afternoon fresh air</b>	Bikes, walk the dog, play outside
5:00PM - 6:00PM	<b>Dinner</b>	
6:00PM - 8:00PM	<b>Free TV time</b>	Kid showers x3
8:00PM	<b>Bedtime</b>	All kids
9:00PM	<b>Bedtime</b>	All kids who follow the daily schedule and don't fight