

# School Age Daily Schedule

Give yourself and your kiddos grace. As we have all been unexpectedly and involuntarily thrown into both homeschooling and figuring out life together at home. Consider your priorities for this time: What do you want to accomplish? How do you want to feel each day? Use these answers to structure and prioritize your days. Give it your best and try to enjoy the small gifts that this unique season holds.

## Sample Daily Schedule

This is just an example, but design a daily schedule that works for YOUR family and stick to it. Structure provides security and predictability.

8:00 AM	Get up/ Get Dressed/ Get Ready
8:30 AM	Eat Breakfast
9:15 AM	Movement!
10:00 AM	Morning School Time
11:30 AM	Free Play
12:00 PM	Lunch
1:00	Chores or Therapy Exercises
1:30	Afternoon School
3:00 PM	Creative Play (Arts / Music)
4:30	Outdoor Play
5:30	Dinner (Prep & Clean-up)
7:00	Bedtime Prep and Family Time
8:30	Bedtime

## - Schooling Tips -

- Prep for lessons the night before, just 15-30 minutes.
- For many of our kiddos "get your work done, then you can play" will not work. Take play and movement breaks when needed.
- When Frustration consumes switch subjects or take a break, but give it your best patience and persistence.
- Do what is required, and use left over

## Activity Suggestions:

**Movement:** Beachbody Kids Workouts (FREE), GoNoodle.com, Dance Parties, etc.

**Free Play:** Reading, Legos, Computer Games, Exploring Individual Interests

**Chores:** Tidy Up, Laundry, Empty Dish Washer, Sweep/ Vacuum, Clean Counters

**Creative Play:** Crafts, Painting/ Drawing, Music, Learn an Instrument, Video Tape Skits

**Outdoor Play:** Go for a walk, Bike Ride, Chalk, Hula Hoop, Basketball,

**Family Time:** Games, Puzzles, Family Movie/ Show, Family Talent Show, Baking/ Cooking