

Daily Schedule Example

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-9:30	Outdoor Time	Family walk, outdoor project/activity, lay outside & get sun
9:30-11:30	Academic Time	No Electronics! <u>Read & keep up with math.</u> Work on enrichment packets.
11:30-12:00	Creative Time	Creative play, draw, puzzles, crafts, music, cook, bake
12:00-12:30	LUNCH	CCHS & CES95 Grab-&-Go meals available Mon.-Fri. from 8 am-1pm Need food pantry info. – ask your school counselor or Mrs. Prudencio
12:30-1:00	Home Chores	Clean room, organize, help family, pet care
1:00-2:00	Quiet Time	Yoga, nap, meditation app, anything relaxing
2:00-4:00	Academic Time	Electronics OK! Educational games, online activities, check school email Set aside some time for postsecondary planning – email your school counselor or Mrs. Murphy for help & ideas
4:00-5:00	Physical Activity	Walk, run, workout, get outside
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath, shower, feel refreshed
7:00-8:00	Read/TV time	Do something you enjoy and find relaxing
9:00 PM	Bedtime	Wind down, brush your teeth, put clothes in laundry, & limit screen time

