

BEFORE 9:00 a.m.	Wake Up	Eat breakfast, make the bed, get dressed, pajamas put away
9:00-10:00	Morning Walk	Family walk, exercise if it is raining (see Physical Education activities)
10:00-11:00	Academic Time	Reading and Math (See Math and ELA activities and lessons)
11:00-12:00	Creative Time	LEGOS, drawing, painting, coding, play music, baking, crafting, etc. (see Music activities)
12:00-12:30	Lunch	Eat a healthy lunch (visit our Food Service sites)
12:30-1:00	Chore-Time	Help your parents by: <ul style="list-style-type: none"> <li>1. Wipe all kitchen tables and chairs</li> <li>2. Wipe all door handles, light switches, and desktops</li> <li>3. Wipe bathrooms - sinks and toilets</li> </ul>
1:00-2:30	Quiet Time	Read a book, put a puzzle together, take a nap
2:30-4:00	Academic Time	Positivity Project activity, Physical Education, Music, Art activities
4:00-5:00	Fresh Air	Play Outside, ride your bike or skateboard, take a walk