

# Daily Schedule

To help adjust to this time at home

## Daily Schedule

This is a GUIDELINE. This is not an expected routine for everyone to follow. You may find that some of these times and activities do not work for your child.

9:00 am - Breakfast  
9:30 am - Morning Movement  
10:00 am - Reading and writing  
11:00 am - Snack  
11:15 am - Outdoor activity  
12:00 pm - Lunch  
12:30 pm - Chore time  
1:00 pm - Lunch Doodles with Mo Willems via The Kennedy Center  
1:30 pm - Math (electronics can be used)  
2:30 pm - Hands on activity  
3:00 pm - Facebook Live: Home Safari at the Cincinnati Zoo  
3:30 pm - Outdoor activity  
4:30 pm - Virtual Field Trip OR Virtual hangout with friends  
5:00 pm - Dinner  
6:00 pm - Screen time  
7:00 pm - Get ready for bed  
7:30 pm - Read aloud  
8:00 pm - Bed

\*Screen time includes TV show, video games, and any other electronics. If you decide to include screen time and would like some academic websites, please visit [moorelearningadventures.weebly.com](http://moorelearningadventures.weebly.com)

1

### MOVEMENT IDEAS

Yoga, stretching, walking, Simon says, dancing, etc.

2

### OUTDOOR IDEAS

Walk, hike, chalk, scavenger hunt, jump rope, bike ride, obstacle course, etc.

3

### HANDS ON IDEAS

Puzzles, legos, painting, STEAM activities, crafts, experiments, baking, etc.

### Virtual Hangouts

There are many platforms out there that allow for virtual hangouts. This is a great way to allow your child to "see" friends while stuck at home. Google hangouts is an easy tool to use.

### Virtual Field Trips

There are many places that hold virtual field trips. Many museums and zoos around the country offer these opportunities

### Reminder

Be kind to yourself. This is a time of uncertainty for many of us and we are all doing our best to ensure our kiddos stay healthy and active. Please reach out if you would like more ideas, websites, and resources.