

OUR DAILY SCHEDULE

We shall rise above!

""Gratitude is expressing thanks for what others have done for us. Frequent expressions of gratitude do a lot to create a loving family atmosphere. Being grateful is one of the most important ways of being kind.
- Dr. Thomas Lickona

TIME	ACTIVITIES
6:00 to 8:00	Independent play while parent/caregiver wakes up and consumes lots of coffee. Breakfast. Tidy up as a family
8:30 to 9:00	Prayers or Meditation with Tibetan Singing Bowl Morning Walk Raining: Yoga/Stretches/Go Noodle
9:00 to 9:30 9:30 to 10:00	Academic Time: Choice Board Activity (-ies) - e.g. Math, Word Study, or Writing Stretch/Free Play with Sibling/Parent/Caregiver
10:00 to 10:30 10:30 to 11:30	Academic Time: Choice Board Activity (-ies) - e.g. Reading Outside Time: Free play - 30 minutes then Choice Board Activity (-ies) - e.g. Science, Social Studies, or PE Wellness
11:30 to 12:00	Chore Time: Prep Lunch, Put Away Toys, Wipe door handles, light switches, desk toys, bathrooms, sinks, toilets, etc.
12:00 to 12:30	Lunch !
12:30 to 1:30 1:30 to 2:30	Quiet Time: Nap or relax, arts and crafts, Lite Brite, Puzzles, etc. Academic Time: Choice Board Activity (-ies) - e.g. Reading or Art
2:30 - 3:30 3:30 - 5:00	Music and dancing! Choice Board Activity (-ies) - Music Nintendo Just Dance Online Learning Outside Time! Child's Choice
5:00 to 6:00 6:00 to 6:30	Dinner ! Bath time and PJs!
6:30 to 7:30 7:30 to 8:30ish	FREE TV TIME! Brush teeth, Read books, Go to Sleep!

OUR DAILY SCHEDULE - TODDLER

We shall rise above! AND ROTATE TOYS!

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TIME	ACTIVITIES
6:00 to 8:00	Independent play while parent/caregiver wakes up and consumes lots of coffee Breakfast Tidy up as a family
8:30 to 9:00	Prayers or Meditation with Tibetan Singing Bowl Morning Walk Raining: Yoga/Stretches/Go Noodle
9:00 to 9:30 9:30 to 10:00	Play dough or Kinetic Sand Stretch/Free Play with Sibling/Parent/Caregiver
10:00 to 10:30 10:30 to 11:30	Coloring, Bingo Markers, Blocks, Trucks, Dolls, Sensory Bin, or Play Routine from My Toddler Talks Outside Time: Bubbles, Sidewalk Chalk, Play in Dirt, Explore, Bike/Scooter, etc
11:30 to 12:00	Chore Time: Prep Lunch, Put Away Toys, Wipe door handles, light switches, desk toys, bathrooms, sinks, toilets, etc.
12:00 to 12:30	Lunch !
12:30 to 2:30	NAP!!!
2:30 - 3:30 3:30 - 5:00	Music and dancing! Nursery Rhymes Finger Plays Outside Time FREE Play!
5:00 to 6:00 6:00 to 6:30	Dinner ! Bath time and PJs!
6:30 to 7:30 7:30 to 8:30ish	FREE TV TIME! Brush teeth, Read books, Go to Sleep!

