
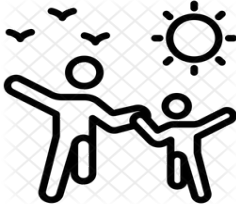
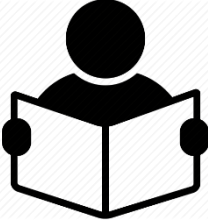




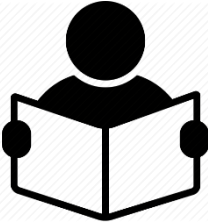
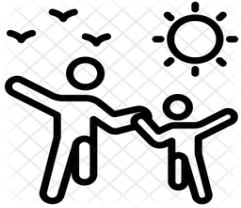






COVID - 19 Daily Schedule

| | | |
|-----------------------------|--|--|
| <p>Before 9:00am</p> | <p>Wake Up</p>  | <p>Eat breakfast, make your bed, get dressed, put PJ's in laundry</p> |
| <p>9:00am- 10:00am</p> | <p>Morning Walk</p>  | <p>Family walk with dog (or without). Yoga if its raining</p> |
| <p>10:00am- 11:00am</p> | <p>Academic time</p>  | <p>NO ELECTRONICS Sudoku books, flash cards, study guide, journal</p> |
| <p>11:00am- 12:00pm</p> | <p>Creative Time</p>  | <p>Legos, magnatiles, drawing, crafting, play music, cook, or bake</p> |
| <p>12:00pm</p> | <p>Lunch</p>  | |
| <p>12:30pm- 1:00pm</p> | <p>Chore Time</p>  | <p>A-Wipe all kitchen table and chairs B-Wipe all door handles, light switches, and desk tops C- Wipe bathroom sinks and toilets</p> |

| | | |
|---------------------------|---|--|
| <p>1:00pm- 2:30pm</p> | <p>Quiet Time</p>  <p><small>shutterstock.com • 1641032692</small></p> | <p>Reading, puzzles, naps</p> |
| <p>2:30pm- 4:00pm</p> | <p>Academic Time</p>  | <p>ELECTRONICS OK iPad games, Prodigy, Educational Show</p> |
| <p>4:00pm- 5:00pm</p> | <p>Afternoon Fresh Air</p>  | <p>Bikes, walk the dog, play outside</p> |
| <p>5:00pm- 6:00pm</p> | <p>Dinner</p>  | |
| <p>6:00pm- 8:00pm</p> | <p>Free TV Time</p>  | |
| <p>8:00pm</p> | <p>Bedtime</p>  | <p>All kids</p> |
| <p>9:00pm</p> | <p>Bedtime</p>  | <p>All kids who follow the daily schedule & don't fight</p> |

