
















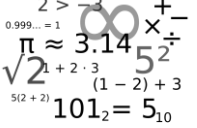























Sample Daily Routine

	7:30-8:00 AM	Wake Up!	Brush teeth, make bed, get changed, and put away laundry.	
	8:00-8:30 AM	Breakfast	No electronics/screens.	
	8:30-9:30 AM	Morning Walk	Get outside: walk the dog, yoga/stretching; recess games, go to the park etc.	
	9:30-10:30 AM	Academic Time: Reading	Reading books.	
	10:30-11:30 AM	Creative Time	Legos, magnets, drawing, coloring, painting, dancing, music making.	
	11:30-12:00 PM	Free Time	Unstructured time builds executive function. Boredom is a vitamin!	
	12:00-12:30 PM	Lunch	No electronics/screens.	
	12:30-1:00 PM	Chores	Dishes, wipe down counters, vacuum; sweep, mop, laundry etc.	
	1:00-2:00 PM	Academic time: Mathematics	Prodigy, Xtramath , analog clock work , Khan Academy *See Enrichment Resources for ideas.	
	2:00-2:30 PM	Academic Time: Writing	Journal, typing practice . *See Enrichment Resources for ideas	
	2:30-3:30 PM	Afternoon "Recess"	Get outside: exercise, play catch, walk, run, lift weights, yoga etc.	
	3:30-4:30 PM	Afternoon Quiet Time/Screen Time	Fun reading, video games, YouTube University : <ul style="list-style-type: none"> • learn to solve a Rubik's cube! • Magic tricks • Science experiments 	

			<ul style="list-style-type: none"> • Crash Courses (science, history, and more!) • Portaportal • Puzzle or board games 	
	4:30-5:30 PM	Chores	Dishes, wipe down counters, vacuum, sweep, mop, laundry etc.	
	5:30-6:00 PM	Try something new!	<p>Listen to relaxation music:</p> <ul style="list-style-type: none"> • https://www.youtube.com/watch?v=UQRDv3HtmUAhttps://www.youtube.com/watch?v=V1RPi2MYptM <p>Go on a virtual tour:</p> <ul style="list-style-type: none"> • https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm • https://kids.sandiegozoo.org/ • https://accessmars.withgoogle.com/ • https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/ • https://www.houstonzoo.org/explore/webcams/ 	
	6:00-6:30 PM	Dinner	No electronics/screens.	
	6:30-7:00 PM	Clean the Kitchen	Add music!	
	7:00-7:30 PM	Prepare for Bed	Get changed, brush teeth, shower.	
	7:30-8:30 PM	Evening TV/electronic time; check-in with neighbors/friends.	How are your friends doing? Do they need anything?	
	8:30-9:30 PM	Pre-bedtime Routine	Dimmer lights, read in bed, read with siblings/adults.	
	9:30 PM	Bedtime-lights out!	10 hours of sleep for children and 8 hours for adults. No screens/devices in children's bedrooms!	

A daily routine should not be rigid, but it should be predictable. Seriously, boredom is beneficial for children. You are doing them a favor by limiting their screen time. If necessary, disconnect the house wifi. Coordinate these times with neighbors.