

Suggested timetable

COVID-19 DAILY SCHEDULE		
Before 9:00am	Wakeup	Eat breakfast, make your bed, get dressed (no PJ's)
9:00-10:00	Exercise	Family walk, yoga, stretch, or cardio
10:00-11:00	Academic Time	Sudoku, Flash Cards, iReady, BrainPop, Discovery Ed, Zearn, ABC Ya, Khan Academy, Mystery Science, Raz Kids, ABC Mouse, Greg Tang Math, Storyline Online
11:00-12:00	Creative Time	Legos, Magnatiles, Drawing, Crafting, Make Music, Bake, MrsBrown.Art
12:00	Lunch	
12:30	Chore Time	Wipe off kitchen table, wipe all door handles, wipe light switches, wipe desk tops, wipe bathrooms
1:00-2:00	Quiet Time	Reading, Puzzles, Drawing, Write in journal, Nap
2:00-3:30	Academic Time	Sudoku, Flash Cards, iReady, BrainPop, Discovery Ed, Zearn, ABC Ya, Khan Academy, Mystery Science, Raz Kids, ABC Mouse, Greg Tang Math, Storyline Online
3:30-4:30	Fresh Air	Bikes, Walk, Play Outside
4:30	Make Dinner	Kids help prepare dinner
5:00-6:00	Dinner	
6:00-7:30	Free Screen Time	YouTube, iPad Games, Video Games, Movie
7:30-8:30	Bedtime Routine	PJ's, Stories, Brush Teeth, Bed



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