

Time	Subject	Choices
8-9	Wake Up and Breakfast	Get up and Eat, brush teeth, get dressed (pajama days are good too) ☺
9-10	Active Time	Go for a walk GoNoodle Workout https://www.gonoodle.com/ Just Dance Youtube (i.e. Joe Wicks PE class, Cosmic Yoga) Dance or Workout
10-10:30	Reading/Writing	Read a book together Listen to an audiobook Do a page in the packet Write about a favorite character Write in a journal
10:30-11:30	Math	Do a page in the packet Measure items around your home Cook/Plan meals & ingredients Learn about Music
11:30-12:30	Lunch	Make it together, get creative
12:30-1:00	Chore Time	Dishes Clean doorknobs and light switches Put things away (Tidy up) Wipe down surfaces Organize closet/toys/room
1:00-3:00	Chill Time	Independent activity Watch a movie Nap Play a game Do a puzzle
3:00-4:00	Creativity	Arts Crafts Build or Create something Draw

4:00-5:00	Active Time	Go for a walk/bike GoNoodle Workout https://www.gonoodle.com/ Just Dance Youtube (i.e. Joe Wicks PE class, Cosmic Yoga) Dance or Workout
5-7	Dinner	Make together