



Daily Schedule for School at Home



before 9am

breakfast, get ready, etc.

10-11am

exercise (walk, yoga, etc.)

11am - 12pm

school time - no screens

12-12:30pm

lunch

12:30-1pm

chores

1-2:30pm

movie/TV time

2:30-4pm

school time - screens ok

4-5pm

free play (outside)

5-6pm

dinner

6pm - bed

reading, play a game,
get ready for bed