

# Daily Schedule

**\*POSSIBLE\*** Please make the schedule work for your child(ren) and you!

7:30-9:30 am	Wake up	Change out of PJ's, make your bed, brush teeth, breakfast, put your dishes away, relax, etc.
9:30-10:30 am	Free Time	Read, play with toys, play with siblings, play outside, etc.
10:30 am	ZOOM Connection	Zoom Link <a href="https://sd23.zoom.us/j/475161916">https://sd23.zoom.us/j/475161916</a>
11-12 pm	Creative Time	Draw, colour, paint, build something (Lego, blocks, beads), bake, etc.
12 pm	Lunch	
12:45-1:15 pm	Help around home	Help clean up lunch, clean up toys, clean your room, dust, etc.
1:15-2 pm	Fresh Air Break	Take a walk or play outside!
2-3 pm	Bingo Challenge Tasks	Try your best!
4-5 pm	Free Time	Watch a TV show, play a game etc.
5-6 pm	Dinner	Help Clean up your dishes 😊
6-7 pm	Outside Family Time	Play outside: bike, scooter play with a ball, skip, walk your dog
7-8 pm	Quiet time	Ready for bed, Storytime, cuddle
8 pm	Bedtime	.