

Suggested Daily Routine

Maintaining a schedule can be a difficult task at times, but keeping routines can benefit children. Research shows predictable routines help children develop a sense of security and develop self-discipline. Please use this as a simple suggestion of what a day home from school could look like.

Time	Activity
Before 9	Morning Routine (wake up, eat breakfast, brush teeth, make bed, get dressed, independent play time)
9:00-10:00	Academic Time (language arts)
10:00-11:00	Outside Time (if too cold or raining, consider doing an active activity, such as Go Noodle videos, or choose an activity from the Art/Music/PE activity idea sheet)
11:00-12:00	Exploration Time (drawing/coloring, building with blocks or Legos, Playdoh, baking, choose activity from Art/Music/PE activity idea sheet)
12:00-12:30	Lunch
12:30-1:30	Quiet Time (taking a nap, reading a book, working on a puzzle, independent play time)
1:30-2:00	Chore/Home Responsibilities Time (put toys away, take out garbage, sweep floor, sort recyclables)
2:00-3:30	Academic Time (math and science)
3:30-5:00	Outside Time (if too cold or raining, consider doing an active activity, such as Go Noodle videos, or choose an activity from the Art/Music/PE activity idea sheet)
5:00-6:00	Supper
6:00-8:00	Free Time/Family Time (watch TV, play games)
8:00-8:30	Night Routine (shower/bathe, pajamas, brush teeth, bedtime books/stories)
8:30	Bedtime