

Before 9:00am	<p>Wake-up</p> 	Eat breakfast, make your bed, get dressed, brush teeth
9:00—10:00	<p>Morning Movement</p> 	Walk the dog, Yoga if it's raining, Go Noodle activities: (https:// www.gonoodle.com/)
10:00—11:00am	<p>Academic Time</p> 	Read books (explore the SORA app (https:// meet.soraapp.com/), Sing songs, board games (good for counting, colors, social-emotional learning)
11:00—12:00pm	<p>Creative Time</p> 	Legos, blocks, drawing, painting, cooking, slime making
12:00pm	<p>Lunch</p> 	
12:30pm	<p>Chores</p> 	Pick up toys, tidy bedroom, wipe down surfaces
1:00—2:30pm	<p>Quiet Time</p> 	Reading, puzzles, nap
2:30—4:00pm	<p>Academic Time</p> 	Useful websites: (https://www.abcya.com/) (https://www.highlightskids.com/) (https://www.brainpop.com/)
4:00—5:00pm	<p>Afternoon Movement</p> 	Ride bike/scooter, walk the dog, play outside
5:00—6:00pm	 <p>Dinner</p>	
6:00—8:00pm	<p>Free Electronics Time</p> 	Kid-friendly shows and games
8:00pm	<p>Bed-time</p>	All kids