

Daily Sample Schedule (PreK age/kids that nap)

Time	Activity	Description
Before 8AM	Wake up	Wake up, daily hygiene, eat breakfast
9:00-9:45	Morning outdoor play	Backyard play, walk the block, yoga, twister game or wiggle videos if weather is bad
9:45-10:45	Academic time	Work on assignments/activities from homeroom teachers
10:45-11:00	Morning snack/break	
11:00-12:00	Enrichment time	Spend time on enrichment projects and assignments (PE, Art, Religion, Spanish, STEM, School Counseling, Library)
12:00	Lunch	
12:30-2:30	Personal time	Nap or quiet time to rest your body (not screen time)
2:30-3:30	Academic time	Work on assignments/activities from homeroom teachers
3:30-4:00	Craft or FaceTime a friend	Draw, paint, color, chalk or FaceTime a friend for some socialization
4:00	Afternoon snack	
4:30-5:00	Independent play	Playing on their own (use screen time reward sheet if desired)- word search, crossword, board game, card game,
5:00-6:00	Afternoon outdoor play	Backyard play, walk the block, yoga, twister game or wiggle videos if weather is bad
6:00	Dinner	
6:30-7:30	Family time	Read together, play a board game, watch a movie, work on an art project together
7:30-8:00	Evening routine	Bath/shower, evening hygiene, pajamas, bedtime stories
8:00 and later	Bedtime	For older students, read until bedtime