



Wake up and eat breakfast

- Eat breakfast
- Clean up
- Brush teeth
- Get dressed



Morning Chores

Ask what you can do to be helpful. Complete your work with a smile.



Play time

Make sure to clean up after.



School Time!

Follow instructions from your teachers.

BREAK!

Take a break, have a snack, move your body.



School Time!

Follow instructions from your teachers.



Lunch and Recess

- Wash hands
- Help prepare/Eat lunch
- Clean up and get fresh air, if possible! If not, stretch.



School Time!

Follow instructions from your teachers.



Free time

