

### Schedule Idea for Toddler

|                |                 |                                                                            |
|----------------|-----------------|----------------------------------------------------------------------------|
| Before 9:00 AM | Wake up!        | Make your bed, eat breakfast, brush teeth, get dressed                     |
| 9:00-10:00     | Outdoor Time    | Family walk or outdoor play                                                |
| 10:00-11:00    | Academic Time   | No Electronics! Reading, homework, study, puzzles, journal                 |
| 11:00-12:00    | Creative Time   | Creative play, drawing, Legos, crafts, music, cooking, baking              |
| 12:00-12:30    | LUNCH           |                                                                            |
| 12:30-1:00     | Home Chores     | Clean rooms, put away toys, take out garbage, pet care                     |
| 1:00-2:30      | Quiet Time      | Reading, nap, puzzles, yoga                                                |
| 2:30-4:00      | Academic Time   | Electronics OK! Educational games, online activities, virtual museum tours |
| 4:00-5:00      | Outdoor time    | Family walk or outdoor play                                                |
| 5:00-6:00      | Dinner time     | Family dinner, help with clean-up and dishes                               |
| 6:00-7:00      | Bath time       | Bath or shower                                                             |
| 7:00-8:00      | Reading/TV time | Relaxing before bedtime                                                    |
| 9:00 PM        | Bedtime         | Put on PJs, brush teeth, clothes in laundry                                |

### ***Scheduling Ideas for Elementary Age***

Danielle Witherington's Ideas (adjust for schooling needs)

- 8:00-9:00 Eat breakfast and get ready for the day. Include 15-20 minutes (or up to an hour if time permits) to do something physical... outside if possible or Cosmic Kids Yoga!
- 9:00-11:30 School - young children use manipulatives (magnet letters, play dough, sand writing, dry erase markers and boards, crayons, watercolor, etc.)... everything doesn't have to be done with pen and paper!
- 11:30-1:00 Lunch/Chores/Play
- 1:00-3:00 -- Independent Work while little ones rest/nap. Save anything that kids can do independently for the afternoon. This is also a good time for moms to read with their younger children while the older ones do independent work. Look for your child's required reading books on audible or other websites to support your child's reading!
- Late afternoon do an interactive activity like: legos, dude perfect, basketball, tree chopping, macrame or watercolor (something creative), fort building, get outside and go on walks/bike rides, etc...

### ***Schedule for Middle Schooler*** (Witherington Example)

- Wake - 10:00am - [Read Passages and Take Notes](#)
- 10:00 - 1:00pm -- School Work
- 1:00 - 6:00pm -- Workout, Chores, Social (Outside, Video Games, etc...)
- 6:00 - 7:00pm -- Dinner
- 7:00 - 9:00 -- Need of the Hour (family, reading, games)
- 9:00 - 10:00 -- 30 min Reading and Bed Time