

[Family Schedule Template](#)

[Routines & Charts for younger students](#)

[Morning & evening hygiene routine](#)

COVID-19 DAILY SCHEDULE

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Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

DAILY SCHEDULE

TIME	FOCUS	ACTIVITIES
8:30 AM	Rise & Shine	Get dressed, make your bed, get your breakfast, dishes in dishwasher
9-10 AM	Outdoors	Family walk, take the dog out, nature activities, play in the yard
10-11:30 AM	School Time	Read, work, study, write, and complete assignments
11:30 AM-12:30 PM	Get Creative	Play instrument, draw, create with LEGOs, do a craft kit, sew, tinker, cook/bake
12:30-1 PM	LUNCH	Help make lunch, eat, clean up
1-1:30 PM	Home Tasks	Check the list of chores
1:30-2:30 PM	Quiet Time	Read, nap, do puzzles, listen to quiet music
2:30-4 PM	School Time	Continue work on assignments, visit educational websites & videos, read a book, do a worksheet
4-5 PM	Outdoor Time	Play in the yard, practice a sport, do a nature activity, ride bike
5-6:30 PM	Dinner	Help make dinner, eat, help clean up

6:30-Bedtime	Free Time	Up to you!
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Daily Schedule

Before 8:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play (if possible)
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, 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

