

C's Stay-At-Home Schedule

(This is a sample schedule and can be adjusted based on age and individual families)

8:30 - 9:00	Wakie Wakie Eggs & Bakie Brush your teeth, take your vitamins, eat breakfast
9:00 - 11:30	School Work
11:30 - 12:00	Read
12:00 - 1:00	Lunch & TV time
1:00 - 2:00	School Work
2:30 - 4:00	No Tech Free Time Legos, coloring, puzzle, make something
4:00 - 5:00	Outside Time
5:00 - 6:30	Chores & Dinner Prep
6:30 - 8:30	Family Time
8:30	Bed Time