

**HELPFUL HINTS**

- \*Break the day up into small sections
- \*Let kids help with the housework
- \*Rotate puzzles, board games and art supplies as play options
- \*Screens are a tool you may or may not use. If you do choose to use screens, make ONE routine slot each day.
- \*Think about learning a new skill such as sign language or tying shoelaces (if younger children).

# Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, get dressed
9:00 - 10:00	Morning walk	Family walk or outdoor play
10:00 - 11:00	Academic time	No Electronics! Study, homework, puzzles
11:00 - 12:00	Creative time	Drawing, crafting, Lego, cooking, play music
12:00 - 1:00	Lunch	Perhaps learn a word in sign language or a new spelling
1:00 - 1:30	Home chores	Wipe all surfaces, door handles, light switches, tables and chairs etc.
1:30 - 2:30	Quiet time	Reading, puzzles, nap
2:30 - 4:00	Academic time	Electronics OK! Educational games, online activities, virtual museum tours
4:00 - 5:00	Fresh Air time	Bikes, scooters, walk the dog, play outside
5:00 - 6:00	Dinner	Family dinner, everyone to help with clean up afterwards
6:00 - 6:30	Bath time	Bath/Shower time
6:30 - 7:00	Free Play/Screen time	Rewarding a good day with something fun
7:00 - 7:30	Storytime	Relaxing and unwinding before bedtime
7:30 - 8:00	Bedtime	Put on PJs, brush teeth, plant an idea for a good dream

**REMEMBER**

This is all about COPING. It is not going to be perfect.  
Do your best.  
Cut yourself some slack. Cut the kids some slack too.  
Make things fun wherever you can and don't worry if some days are more productive than others.  
This isn't forever. It's just for now.

