

MORNING ROUTINE

Make Your Bed  

Get Dressed  

Eat Breakfast  

Clean Dishes  

Brush Your Teeth  



You've earned _____ minutes of screen time!



EVENING ROUTINE

Pick up toys/room  

Bath/wash  

Put on pajamas  

Brush your teeth  


Go to sleep  



You've earned _____ minutes of screen time for tomorrow!




✓ Daily Routine ✓

30 minutes Reading
or Lexia 

2 Math Worksheets or
20 min Math online
program  

2 Writing Worksheets 

1 hour exercise or
active play time 



You've earned _____ minutes of screen time!



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, magnetiles, 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