

*For those who thrive on routine and like a schedule, this helpful resource has been making it's way around the internet. It was created by a generous, as yet unidentified source.*

## COVID-19 Daily Schedule

Before 9:00 a.m.	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in the 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...
12:00	Lunch	
12:30	Chore time	a) Wipe the 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 O.K. iPad/Tablet 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.
8:00	Bedtime	All kids.
9:00	Bedtime	All kids who follow the daily schedule and don't fight :)