



LEARN-AT-HOME

Recommended Daily Schedule

8:00 a.m.-1:30 p.m.

8:00-8:30	Breakfast and conversation with your child
8:30 -8:45	Read/Activities
8:45-9:00	Drawing / writing activity (paper and crayons)
9:00-9:45	Outside time or Music Time (nature walk, move your body)
9:45 -10:15	Wash hands/Snack Time
10:15-10:45	Block Play or Manipulatives Play (Free Choice Time)
10:45 – 11:00	Read/Activities
11:00 -11:30	Have your children Help around the house! (cook or clean)
11:30 -12:00	Wash hands/Lunch Time
12:30-1:30	Quiet / rest time