

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

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| 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.

