

Sample Schedule

Picture	Time	Activity/Job
	9:30-10:00 am	Wake Up (brush teeth, change, etc)
	10:00-10:30 am	Breakfast
	10:30-12:30 pm  11:30-11:45 Snack Break	School Work Zoom Mtg @
	12:30-1:00 pm	Lunch
	1:00-2:00 pm	Play Outside
	2:00-3:00 pm	Finish Work/Quiet Time
	3:00-3:15 pm	Snack
	3:15-5:30 pm	Play Time/Screen Time
	5:30-6:00 pm	Dinner
	6:00-8:30 pm	Family Time
	8:30 pm	Bedtime (brush teeth, PJ's, story, etc)