

Daily Schedule Idea:

Before 9:00 am: Wake Up and Eat Breakfast.

9:00-10:00 am: Morning Activity be active.

10:00-11:30: Academic Time.

11:30-12:00: Creative Time. (Lego Building, Drawing, play music, bake, etc.)

12:00-12:45: Lunch and Activity Time.

12:45-1:15: Chore Time. Help clean at home and other household things.

1:15-2:30: Academic Time.

2:30-3:00: Creative Time. (Lego Building, Drawing, play music, bake, etc.)

3:00-4:00: Quiet Time. (Read to Self)

4:00-5:00: Afternoon Activity Time. Be active. (Walk, Run, Bike, play outside)

5:00-6:00: Dinner time.

6:00-8:30: FREE TIME.

8:30-9:00: Quiet Time. (Read to Self)

9:00: Bedtime