

8:30 - 9:00	Eat breakfast
9:00 - 9:30	First Subject: _____
9:30 - 9:40	Brain Break
9:40 - 10:10	Second Subject: _____
10:10-10:20	Brain Break & Snack
10:20 - 10:50	Third Subject: _____
10:50 - 11:00	Brain Break
11:00 - 11:30	Fourth Subject: _____
11:30 - 12:30	Lunch
12:30 - 1:30	Play outside
1:30 - 2:30	Art
2:30 - 3:00	Chores: personal responsibilities
3:00pm - evening	Family Time: board games, dinner, art, talk, read, dance, play

daily subjects may include:

- reading, writing, math, science, social studies, P.E., music, art, emotional health

time limits:

- use a timer to set limits for each subject. It's 100% okay if your child doesn't finish their assignment when the time is up. Tomorrow is a new day to complete it!