



COVID-19 Daily Schedule for Your Family

Time	Activity	Examples
Before 9:00 a.m.	Wake up	Make bed, freshen up, get dressed, eat breakfast
9:00 to 10:00 a.m.	Get active	Cosmic Kids Yoga, GoNoodle, Just Dance Kids
10:00 to 12:00 a.m.	Academic time #1	ELECTRONICS NOT ALLOWED: Work on what they've been learning or what teachers sent home; do crafts, LEGO etc. with spare time
12:00 to 12:30 p.m.	Lunch	Remember to wash your hands first
12:30 to 1:00 p.m.	Chore time	Wash dishes, disinfect surfaces
1:00 to 2:00 p.m.	Quiet time	Nap, puzzles, read, journal
2:00 to 4:00 p.m.	Academic time #2	ELECTRONICS ALLOWED: Educational games or resources like Prodigy, Khan Academy, PBS Kids Games, etc.
4:00 to 5:00 p.m.	Get outside	Sports, tag, hide'n'seek, lawn games, frisbee, bicycle
5:00 to 6:00 p.m.	Dinner	Remember to wash your hands first
6:00 to 8:00 p.m.	Free time	Showers, shows, mobile devices, games, books
8:00 to 8:30 p.m.	Bedtime	Brush teeth; well-behaved kids get to go to bed later