

# At Home Learning Schedule!

Before 8:00	Rise & Shine	Get dressed, make your bed, eat breakfast, morning stretches!
9:00 - 10:00	Get Creative	Create, design or build something! Play Legos, cook/bake, dance or sing!
10:00 -11:30	School Time	Do some learning & work on your school assignments!
11:30 - 12:00	Get Active!	Play in the yard, walk the dog, do a fun workout, dance or play!
12:30 - 1:00	Lunch Time	Help make a healthy lunch, eat and clean up your dishes!
1:00 - 2:30	School Time	Continue working on assignments, educational websites, videos, & projects
2:30-3:00	Get Active!	Play in the yard, walk the dog, do a fun workout, dance or play!
3:00-4:00	Quiet Time	Read a book, nap, do puzzles, or listen to quiet music
4:00 - 4:30	Tech Time	Watch some TV, play a game on the computer/iPAD, learn to code
4:30-8:00	Family Time	Help make dinner, clean the house, and spend time with your family!

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