

**DAILY SCHEDULE**

BEFORE 9:00AM	<b>Wake up &amp; Breakfast</b>	Eat breakfast, make bed, get dressed, put dirty clothes in laundry
9:00 - 10:00am	<b>Morning physical activity</b>	Stretch, walk/run, yoga, stationary exercises
10:00 - 11:00am	<b>Academic Time</b>	Check-in on Google Classroom
11:00 - 12:00pm	<b>Hobby Time</b>	Draw, play music, crafts, cook, bake, legos
12:00pm	<b>Lunch</b>	No screens while eating
12:30 - 1:00pm	<b>Chore time</b>	Clean up lunch Clean up from morning activity
1:00 - 2:30pm	<b>Relaxation time</b>	Read, puzzle, nap, meditate, draw
2:30 - 4:00pm	<b>Academic Time</b>	Check-in on Google Classroom
4:00 - 5:00pm	<b>Afternoon activity</b>	Walk, bike, yoga, play outside
5:00 - 7:00pm	<b>Dinner &amp; Shower</b>	No screens while eating
7:00 - 9:00pm	<b>(Distant) Socializing</b>	Call/Text/Facetime/Message a friend (or teacher) to check in on how they're doing.