

At-Home Agenda for Kiddos

Before 9AM	Wake up	Eat breakfast, make your bed, get dressed, put your PJ's in the laundry
9-10AM	Morning Walk	Family walk, with the dog, stretching
10-11AM	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, journal
11-12PM	Creative time	Legos, drawing, crafting, play music, cook or bake
12PM	Lunch	
12:30PM	Chore time	A) Wipe off kitchen table and chairs B) Wipe all door handles, light switches, and desks tops C) Wipe both bathroom - sinks and toilets
1-2:30PM	Quiet time	Reading, puzzles, nap
2:30-4PM	Academic time	ELECTRONICS OKAY iPad games, Prodigy, Education show
4-5PM	Afternoon fresh air	Bikes, walk the dog, play outside
5-6PM	Dinner	
6-8PM	Free TV time	Kids shower
8PM	Bedtime	All kids
9PM	Bedtime	All kids who follow the daily schedule & don't fight