morning routine

7:00 am  Wakeup / Breakfast
Find and share a funny quote with your family and start the day off with a giggle.

8:00 am  Morning chores

8:30 am  Morning walk
Get those bodies moving with some physical activity. Can’t get outside? Try some yoga in the living room!

9:30 am  Snack

10:00 am  Writers / readers workshop
Create personal narratives, draw comic books, come up with alternate endings to favorite stories, draft an “All About” or “How To” book, practice sight words and spelling, or read out loud together.

afternoon routine

11:30 am  Gross motor skills
Get your kids moving with a round of Freeze Dance, Hide and Seek, or Simon Says!

12:00 pm  Lunch

1:00 pm  Math
Practice fractions with measuring cups while you make your kids’ favorite cookies or sort and count your kiddos toys and make a bar graph.

2:00 pm  Science/ Social studies
Conduct kitchen science experiments, create a diorama of your neighborhood, city, or state and make up the laws you would implement, or write a letter to a government official.

3:00 pm  Afternoon walk

evening routine

4:00 pm  Family time!
Throw a family dance party, play a game, work on a puzzle or art project, or cook something together.

5:00 pm  Dinner