

# My Daily Routine

Time	Activity
9:00-10:00	Wake Up / Eat breakfast / Brush teeth / Get dressed
10:00-11:00	Do something ACTIVE. Ex. do something outside, do a workout video from youtube, stretch, go for a run, etc...
11:00-11:45	Academic Time (Be flexible with this. You can complete work and then have lunch if you prefer.) <ul style="list-style-type: none"> <li>● Monday - Math</li> <li>● Tuesday - Science</li> <li>● Wednesday - Social Studies</li> <li>● Thursday - English</li> <li>● Friday - Elective (Band, Choir, Orchestra, PE, Tech, Art)</li> </ul> Don't forget to read a little bit (15-20min) each day!
11:45-12:15	Eat Lunch
12:15-1:00	Academic Time (If not completed before lunch) <ul style="list-style-type: none"> <li>● Monday - Math</li> <li>● Tuesday - Science</li> <li>● Wednesday - Social Studies</li> <li>● Thursday - English</li> <li>● Friday - Elective (Band, Choir, Orchestra, PE, Tech, Art)</li> </ul> Don't forget to read a little bit (15-20min) each day!
1:00-1:30	Chores - do something around the house / yard
1:30-2:30	Do Something Active Ex. do something outside, do a workout video from youtube, stretch, go for a run, etc...
2:30-3:00	Quiet Time Ex. do a mindfulness activity, breathing strategy, yoga, meditation, nap, lay outside...
3:00-4:00	Do something CREATIVE. Ex. draw, color, do a puzzle, do a science experiment, bake something, gardening
4:00-6:00	Free Time
6:00-7:00	Dinner with the Fam - help cook / clean!
7:00-9:00	Do a Family Activity Ex. watch a movie, do something outside, play a game, etc...
9:00-9:30	Quiet Activity Ex. read a book to a younger sibling or for yourself, mindfulness activity, journal
9:30-10:00 / 11:00	Shower / Get Ready for Bed
10:00 / 11:00pm	Go to sleep