**(Sample) COVID-19 Daily Schedule**

|  |  |  |
| --- | --- | --- |
| Before 9:00 a.m. | **Wake Up** | Eat breakfast, get dressed, feed the pets |
| 9:00 – 9:30 | **Morning Physical Activity** | Family walk/hike/bike ride or play in backyard [Social time – phone or video calls, texts OK] |
| 9:30 – 11:00 | **Academic Time** | Homework, class assignments, reading |
| 11:00 – 12:00 | **Music and Creativity** | Piano, cello, guitar, singing, songwriting, other instruments or other creative activity (Legos, art, crafts, clay, etc.) |
| 12:00 – 1:00 | **Lunch** | Cook, eat, and clean up |
| 1:00 – 3:30 | **Academic Time** | Homework, class assignments, reading, journaling |
| 3:30 – 4:00 | **Afternoon Physical Activity** | Family walk/hike/bike ride with the dog; home gym; gardening [Social time – phone calls, texts OK] |
| 4:00 – 5:00 | **Free Time** | Free play and/or screen time - Free iPad, computer, Nintendo Switch time [Phone calls, texts, chats OK] |
| 5:00 – 6:00 | **Household Projects** | Clean room, laundry, organization, pet care, prepare dinner together (homework if needed) |
| 6:00 – 7:00 | **Family Dinner** | Eat and help clean up |
| 7:00 – 8:00 | **Family Time** | Family games, reading, or a TV show |
| 8:00 – 9:00 | **Bedtime** | Get ready for bed, reading |