

COVID - 19 Sample Daily Schedule

Time	Task	Ideas
Before 9am	Wake up and begin your day Think of something you are grateful for.	Eat breakfast, make your bed, get dressed, brush your teeth, and put your PJs in the laundry.
9:30am	Family Devotion and Prayer Time Spend some time with God this morning.	Read a Bible story or devotion with your family to learn more about Jesus. Pray for friends and family members. Pray God would give you kindness and love for others.
10:00am	Morning Walk Get in some morning exercise.	Walk your dog. Take your sibling for a walk. Do yoga or other indoor exercise if it's raining.
10:30-12:00	Academic Time Begin your learning day.	Check any assignments sent by your teacher. Read a good book. Complete Math practice.
12:00pm	Lunch Time Eat a healthy and nutritious lunch.	YUM!
12:30pm	Chore Time Pitch in to help your parents around the house.	<ol style="list-style-type: none"> 1. Wipe the kitchen counter, table, and chairs. 2. Wipe all door handles, light switches, and desktops. 3. Wipe all bathrooms - sinks and toilets
1:00-2:00pm	Quiet Time Enjoy a relaxing activity.	Reading, puzzles, nap
2:00-3:00pm	Creative Time This is a great time to try something new!	Legos, magnetics, drawing, crafting, play music, cook, bake.
3:00-4:00pm	Academic Time Continue learning.	Continue working on assignments.
4:00-5:00pm	Afternoon Fresh Air Take a break to enjoy the outdoors!	Bike, walk the dog, play outside
5:00-8:00pm	Dinner and Family Time Spend quality time with your family.	Eat dinner as a family and enjoy quality time together. Watch a movie, play a board game, or facetime other family/friends.
8:00pm	Bed Time	Brush your teeth, put on PJs, read a bedtime story, and enjoy a restful, good night's sleep.