

Sample Schedule for Young Children During Covid19

Before 9:00	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry, brush your teeth
9:00 - 10:00	Movement	Morning Walk, yoga, GoNoodle activities
10:00 - 11:00	Learning Time	No electronics Books, simple board games, build with Legos or Magna Tiles, puzzles
11:00 - 12:00	Creative Time	Draw, paint, do a craft, cook or bake, dramatic play
12:00	Lunch	Encourage children to help with cooking or cleaning
1:00 - 2:30	Rest Time	Nap, books or quiet activities
2:30 - 4:00	Learning Time	Educational screen time okay
4:00 - 5:00	Movement/Outdoor Time	Go for a walk, ride a bike, play hide and seek
5:00 - 6:00	Dinner	Have dinner as a family. Talk about what you did and learned today!
6:00 - 7:00	Free time	TV, books, solo play
7:00 - 8:00	Wind down	Clean up toys, get in PJ's, take a bath or read a book
8:00	Bed Time	