



# KIDS DAILY HOME ROUTINE



MORNING  
7:00 – 10:00 AM

GET DRESSED	EAT BREAKFAST
BRUSH TEETH	KITCHEN CLEANUP
MAKE BED	GET ACTIVE



LEARNING  
10:00–12:00 PM

MATH	PHONICS	SCIENCE
SPELLING	GEOGRAPHY	ONLINE LEARNING
READING	FLASH CARDS	WRITING

## LUNCH BREAK



CREATING  
1:00 – 3:00 PM

SENSORY PLAY	PLAYDOUGH	CRAFTS
PAINTING	MUSIC PRACTICE	SEWING
DRAWING	EXPERIMENTS	LEGOS



EVENING  
4:00 – BEDTIME

FAMILY DINNER	PAJAMAS
HOUSE CLEANUP	FAMILY GAME
BATH/SHOWER	READING

### TIPS

- Circle the activities you choose to do with your children daily
- Make sure you plan activities that include child-centered time
- Let your child pick some of the activities!



# Kids At Home SCHEDULE IDEAS



## Self Care

Shower/Bathe  
Get Dressed  
Brush Teeth  
Floss  
Clip Fingernails  
Brush Hair

## Academic Learning

Flash Cards  
Online School Work  
Workbooks  
Practice Writing  
Phonics  
Practice Spelling  
Geography

## Household Contribution

Laundry  
Clean Bathroom  
Yardwork/Gardening  
Cook a Simple Meal  
Sort Mail  
Wipe Down Surfaces  
Take out Garbages  
Organize a Closet

## Creative Learning

Science Experiment  
Nature Walk  
Learn How Things Work  
Hands On Learning  
Sensory Play  
Virtual Fieldtrip  
Set up learning 'centers'

## Free Play

Ride Bikes  
Sidewalk chalk  
Legos  
Build a block city  
Playdough Creations  
Build and color a box fort  
Collect stones to paint  
Balloon Games

## Personal Development

Music Practice  
Sports Practice  
Drawing/Painting  
Dance  
Sewing  
Service  
Photography

