

# Our Day at Home

Time

Activity

6:00 am	
7:00 am	<b>WAKE UP, BREAKFAST</b>
8:00 am	<b>CHORE TIME</b>
9:00 am	<b>ACADEMIC TIME</b>
10:00 am	<b>SNACK, OUTSIDE TIME</b>
11:00 am	<b>CREATIVE TIME</b>
12:00 pm	<b>LUNCH</b>
1:00 pm	<b>EDUCATIONAL VIDEO/APP*</b>
2:00 pm	<b>REST/READING/FREE TIME IN ROOM*</b>
3:00 pm	<b>SNACK</b>
4:00 pm	<b>OUTSIDE/PLAY TIME</b>
5:00 pm	<b>DINNER</b>
6:00 pm	<b>FAMILY TIME/BATHS</b>
7:00 pm	<b>FREE TIME IN ROOM*</b>
8:00 pm	<b>BEDTIME</b>
9:00 pm	