

Parents, this is a suggested schedule. Something different may work for your family and that's ok. We just wanted to share this option with you as you navigate the next weeks.

SCHEDULE

TIME	TASK	EXPLANATION
Before 9:00am	Wake Up	East breakfast, make your bed, get dressed, brush your teeth
9:00 - 10:00	Morning Walk	Go for a walk, ride your bike or jog
10:00 - 11:30	School Time	Follow you teacher's guidelines. Be sure to take short breaks between subjects.
11:30 - 12:30	Creative Time	Lego, drawing, crafting, play, cook, bake
12:30	Lunch	
1:00	Chore Time	A - wipe kitchen table and chairs B - wipe all door handles, light switches and baseboards C - clean bathrooms (sink and toilet)
1:30 - 2:30	Quiet Time	Reading, Puzzles, Nap, RAZ reading
2:30 - 4:00	School Time	Follow your teachers guidelines. Be sure to take short breaks between subjects.
4:00 - 5:00	Afternoon Fresh Air	Bikes, walking, playing outside
5:00 - 6:00	Dinner	
6:00 - 7:30	Tech Time or Game Time	Play a game (checkers, chess, uno, 7 Wonders) or have some tech time
7:30 - 8:00	Get Ready for Bed	Showers and Brush Teeth Read a Book or tune into Mrs. Gartly on Lomond Community School Youtube
8:30	Bedtime	