

# A schedule for strange days (or if you're indoors for long hours)

|                   |  |
|-------------------|--|
| Before 9 a.m.     | wake up, wake up, wake up!   |
| 9 - 10 a.m.       | morning walk.    |
| 10 - 11 a.m.      | time to learn! reading, puzzles, school work   |
| 11 a.m. - 12 p.m. | the artistic hour!<br>get your craft on.   |
| 12 p.m.           | lunch! yum.   |
| 12:30 p.m.        | it's chore time!   |
| 1 - 2:30 p.m.     | shhhhhhhh! quiet time.   |
| 2:30 - 4 p.m.     | more study time!<br>books, flash cards, fun.   |
| 4 - 5 p.m.        | an hour of fresh air. ah!  |
| 5 - 6 p.m.        | dinner. yum yum yum.   |
| 6 - 8 p.m.        | screen time. (also a good time to coordinate baths.)   |
| 8 - 9 p.m.        | bedtime.    |
| 9:30 p.m.         | actual bedtime.   |