




















Suggested Daily Schedule

The schedule below is a suggested daily routine that you may use for your children at home to continue their engagement in learning activities and keep them productive. Key components of this schedule include keeping structure to each day, including learning activities, and providing breaks with a little bit of fun!

TIME	ACTIVITY	ACTIVITY DETAILS
Before 9:00am	Wake Up 	Get dressed  Brush teeth  Eat breakfast 
9:00am – 9:30am	Morning Walk 	Get out, enjoy some sunshine, and move around!
9:30am – 10:30am	Academic Time #1 	Reading activities <i>Limit non-educational electronics</i> <i>Materials: See the Devereux Educational Resources list</i>
10:30am – 11:00am	Creative Activity #1 	Creative time <i>Examples: draw, play music, dance, cook, bake</i>
11:00am – 11:30am	Academic Time #2 	Math activities <i>Limit non-educational electronics</i> <i>Materials: See the Devereux Educational Resources list</i>
11:30am – 12:30pm	Lunch 	
12:30pm – 1:30pm	Creative Activity #2 	Creative time <i>Examples: play music, dance, cook, bake, or draw with Mo Williams for Lunch Doodles (https://www.kennedy-center.org/education/mo-willems/)</i>
1:30pm – 2:00pm	Academic Time #3 	Science or social studies activities <i>Limit non-educational electronics</i> <i>Materials: See the Devereux Educational Resources list</i>
2:00pm – 3:00pm	Reading 	Read a book
3:00pm – 4:00pm	Quiet Time 	Participate in a quiet activity <i>Examples: continue reading, rest, puzzle, color</i>
4:00pm – 5:00pm	Free Time Outside 	Take a walk, play, ride a bike
5:00pm – 6:00pm	Free Time Inside 	Continue reading or creative activity, or play electronics
6:00pm – 7:00pm	Dinner 	
7:00pm – 8:30pm	TV Time 	Relax and enjoy some time together
8:30pm	Bedtime 	Brush teeth  Rest up for another day tomorrow! 