

School/Camp At Home Sample Schedule

We realize it can be a challenging time right now with the unpredictability of day to day life. As humans, we perform best with a routine. The staff at Creative Development, LLC created a sample schedule for you to modify and adapt to fit the needs of you and your child at home. Each day does not need to consist of the same activities. However, be sure to maintain a consistent wake-up time, bed time, and meal times. The other activities can be moved around with more flexibility! Using a visual schedule and a visual timer may help ease with transitions! Include heavy work activities to transition around the house!

8-9am Morning Routine wake up, get dressed, eat breakfast, brush teeth, make bed, and complete other before school chores

9-9:30am Morning Movement activities, such as brain gym exercises, stretching, jumping jacks, etc.

9:30-10:30am Academics, many school teachers are providing activities for children to complete or there are many resources to utilize to encourage continuation of classroom learning

10:30-11am Morning Snack, prep, eat, and clean up a yummy snack



11am-12pm Creative Hour, use this time to explore painting, coloring, drawing, building, music, and more

12-12:30pm Lunch Time, prep, eat, and clean up lunch!

12:30-1pm At-Home Recess, play outside or inside by building

1-2pm Academics, many school teachers are providing activities for children to complete or there are many resources to utilize to encourage continuation of classroom learning

2-2:30pm Afternoon Relaxation activities, try some fun yoga poses, listen to music, or read a book!

2:30-3pm Academics, many school teachers are providing activities for children to complete or there are many resources to utilize to encourage continuation of classroom learning

3-3:30pm Afternoon Snack, prep, cook, and clean up a crunchy snack!

3:30-4:45pm Afternoon Play, if it's nice outside, play outside! If not, play indoors! Be sure to clean up all of the activities used throughout the day!

4:45-6pm Dinner Time! Prep, cook, eat, and clean up dinner!

6pm-8pm Night time Relaxation, take a bath, watch TV, read a book, night time yoga, & be sure to set a plan for the next day

