SOCIAL DISTANCING DAILY SCHEDULE

7 AM	WAKE UP	BREAKFAST & GET DRESSED INDEPENDENT PLAY
9 AM	MORNING MOVEMENT	WALK, YOGA, OR STRETCHING
10 AM	SNACK	FRUIT, YOGURT, VEGGIES OR CHEESE STICK
	LEARNING BLOCKS	ACADEMIC READING, EXPERIMENTS, LETTER & NUMBER RECOGNITION, GAMES, SONGS
		CREATIVE & FINE MOTOR ART, SENSORY PLAY, BAKING, BEADING, PUZZLES, LEGOS, PLAY-DOH, STICKERS
		CHORES OR ONGOING PROJECTS WIPE CABINETS, PICK UP TOYS, LAUNDRY, ORGANIZING, DIY PROJECTS
12 PM	LUNCH & SOCIAL TIME	HELP PREP & CLEAN LUNCH FACETIME A FRIEND OR FAMILY MEMBER
1 PM	OUTDOOR & GROSS MOTOR	WALK, HIKE, YOGA, NATURE SCAVENGER HUNT, GARDENING, CHALK, BIKE/SCOOTER, OUTDOOR TOYS, SWING SET, WATER TABLE
2 PM	NAP	OR QUIET TIME
4 PM	FLEX TIME	INDEPENDENT PLAY, OUTDOOR, OR SCREEN TIME- DEPENDING ON HOW THE DAY HAS GONE & DINNER PREP
5:30 PM	DINNER	HELP SET & CLEAR TABLE
6 PM	BATH	GET CLEAN
6:30 PM	SCREEN TIME	IPAD GAMES, VOOKS, TV, FAMILY MOVIE
7 PM	BEDTIME	BOOKS - LIGHTS OUT