

OUR FAMILY'S

DAILY SCHEDULE



MORNING
ROUTINE

Stick to your morning routine as much as possible: breakfast, get dressed, etc.

MORNING
FREE CHOICE

Screen free play.
Build LEGO, do art projects, play outside. Give kids the opportunity to be creative.

LUNCH

Have a healthy lunch together.

OUTSIDE TIME

Head outside for free play or take a walk.
Practice social distancing if heading to public outdoor space.

AFTERNOON
JOBS

Complete your to-do list before screen time.
Includes school work, reading, journaling, and chores.

SCREENTIME

Set screen time limits that work for your family.

DINNER

Have dinner as a family. Let the kids help cook!

EVENING
FREE CHOICE

More screen free time.
Play board games, work on puzzles, or encourage free imaginative play.

BEDTIME
ROUTINE

Follow your normal routine including a consistent bedtime.

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