

Chloe and Jack's Schedule

7:00am - 8:30am	Morning routine	<ul style="list-style-type: none"> • Complete chores – Brush teeth and hair, get dressed and pick up room (complete the chore chart) • Eat breakfast (allow screen time during breakfast – 20 min tops - if chores are complete)
8:30am - 9:00am	Mindfulness and movement	<ul style="list-style-type: none"> • Go on a walk with Oscar • Yoga – Cosmic Kids, YouTube • Meditation – Peace out, YouTube
9:00am – 10:30am	Chloe - Work Time (<i>Academic work</i>) Jack – Naps, 9am – 10:00am	Academic Work – <i>See teacher blog post of the day for guidance</i> <ul style="list-style-type: none"> • Language – 30 min - Practice matching sounds with objects; matching words with objects; writing letters • Math (counting/sequencing objects/labeling with numbers) • Science (sink float; nature scavenger hunt)
10:30am – 11:30am	Chloe - Work Time (<i>Practical Life/Family Contributions</i>) Jack – Mr. Dave at 10:15am	Practical Work <ul style="list-style-type: none"> • Baking – Egg bites, banana bread muffins, • Cleaning – Clean up breakfast table, Scrub table / dishes in sink, Organize closet, pick up branches outside • Plant herb garden or water plants • Help with laundry (sort, fold, etc), put clothes on hangers
11:30am - 12:30pm	Lunch for both No electronics	<ul style="list-style-type: none"> • Help with food prep for lunch • Helps cleaning dishes, sweeping, wiping table etc. • Facetime with Mary
12:30pm - 1:30pm/2pm	Chloe - Quiet time Jack - Naps 1-3:30pm	<ul style="list-style-type: none"> • Chloe can lay in our bed and listen to story on Vook or watch educational show, play ABC Mouse
2pm - 3:30pm	Chloe – Work Time (<i>Creative Exploration</i>)	Creative Exploration <ul style="list-style-type: none"> • Arts and Crafts: Drawing, painting, cutting, gluing • Make a fort, cardboard creations • Make/send cards for neighbors and relatives
3:30pm - 5:00pm	Leisure time – Go outside if weather permits	<ul style="list-style-type: none"> • Ride scooter outside / go to playground to kick soccer ball • Free Play in basement • 4pm Mr. Dave
5:00pm - 6:30pm	Help with Dinner/Eat Dinner as a Family	<ul style="list-style-type: none"> • Meal prep, set the table; make sure toys are cleaned up; Facetime with Grandparents or Mary • Screen time permitted for 20 min
6:30pm - 8:00pm	Bath/Stories/Books	<ul style="list-style-type: none"> • 7pm bedtime for Jack • 8pm bedtime for Chloe (3 books)