Here is a template you/your child can use to help log their days, if you wish!

YOUR NAME: TODAY’S DATE:

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| --- | --- | --- |
| 7:30am - 8:30am | Morning routine |  |
| 8:30am - 9:00am | Mindfulness and movement |  |
| 9:00am - 11:30am | Work Time  Creative Exploration Family Contributions |  |
| 11:30am - 12:30pm | Lunch |  |
| 12:30pm - 1:30pm | Outdoor time |  |
| 1:30pm - 3:30pm | Quiet time  (naps for younger children) |  |
| 3:30pm - 5:00pm | Leisure time |  |
| 5:00pm - 6:30pm | Help with Dinner/Eat Dinner |  |
| 6:30pm - 8:00pm | Bath/Stories/free play |  |