

CIZ SUGGESTED DAILY SCHEDULE

Please practice healthy hand washing routines throughout the day!

8:00-9:00	Morning Routines	Wake up, eat breakfast, make your bed, get dressed, brush teeth, wash hands
9:00-10:00	Physical Movement	Family walk with the dog outside or GoNoodle if it's raining
10:00-11:30 11:30-12:00	Academic Time (Reading, Math, Science, Social Studies)	Paper Packet, IReady, Zearn, Mastery Connect, DEAW! Drop Everything & Write (see Writing Prompts)
12:00-12:30	Lunch/Relax	Wash hands, eat a healthy meal with fruits and vegetables
12:30-1:00	Creative Time	Legos, drawing, crafts, music, dance, cook/bake, etc.
1:00-2:00	Chore Time	Wipe all kitchen tables and chairs, wipe all door handles and desk tops, wipe bathrooms - sinks/toilets
2:00-3:00	Outside Time Fresh Air/Snack/Rest	Ride bike, jump on trampoline, walk the dog, play outside, take a nap
3:00-4:30 4:30-5:00	Academic Time (Reading, Math, Science, Social Studies)	Sight words/educational games/shows, Drop Everything and Read
5:00-6:00	Dinner/Relax	Eat a healthy meal with vegetables, have conversations with family
6:00-8:00	Free Time Electronics/TV	Wind down from an eventful day, take baths/showers
8:00 +	Bedtime	Get plenty of rest for a productive day tomorrow