**Morning**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Activity** | **M** | **T** | **W** | **Th** | **F** | **Sa** | **Su** |
| **7:00 AM** | Wake Up / Breakfast |  |  |  |  |  |  |  |
| **7:30** | Get Dressed for the day |  |  |  |  |  |  |  |
| **8:00** | Read Books |  |  |  |  |  |  |  |
| **9:00** | Exercise |  |  |  |  |  |  |  |
| **10:00** | Art (worksheets or freestyle) |  |  |  |  |  |  |  |
| **11:00** | Math (worksheets) |  |  |  |  |  |  |  |
| **Noon** | Lunch |  |  |  |  |  |  |  |

**Afternoon**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Activity** | **M** | **T** | **W** | **Th** | **F** | **Sa** | **Su** |
| **1:00 PM** | Quiet Time |  |  |  |  |  |  |  |
| **2:00** | Clean Your Room |  |  |  |  |  |  |  |
| **3:00** | Game Time (puzzles, board games) |  |  |  |  |  |  |  |
| **4:00** | Bike Ride or Make Forts |  |  |  |  |  |  |  |
| **5:00** | Free time (Legos, art, tablets) |  |  |  |  |  |  |  |

**Evening**

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| **Time** | **Activity** | **M** | **T** | **W** | **Th** | **F** | **Sa** | **Su** |
| **6:00 PM** | Cooking time |  |  |  |  |  |  |  |
| **7:00** | Dinner |  |  |  |  |  |  |  |
| **8:00** | Time for Bed Routine |  |  |  |  |  |  |  |