

#FlattenTheCurve Schedule!

TIME	ACTIVITY	NOTES
6:45am	WAKE UP!	
6:45-8	Breakfast, hygiene, dressed	
8-8:30	Morning Chores	Clear dishes, make bed, laundry
8:30-9:15	Free Play Areas	Magnetiles, Legos, Drawing, drama play (doc/daycare)
9:15-10:15	Circle Time	Scholastic Learn at Home Lessons
10:15-10:30	SNACK	
10:30-11:30	Get Physical	Outdoors (sidewalk art, soccer, red light/green light, statue game, treasure hunt, camera walk)
11:30-12:15	LUNCH	
12:15-12:30	Book	Indoor (Garage bike, freeze dance videos, exercise with dad, tumbling, duckduckgoose, hot potato, limbo)
12:30-1:15	Rest time	
1:15-2	Free Play Areas	Magnetiles, Legos, Drawing, drama play (doc/daycare)
2-3	Special Activity	Fort building 101, Treasure Map/hunt, Friend videos, Kiwi box, Science Experiment, Cook!
3-3:30	SNACK	
3:30-4:30	Get Physical	
4:30-5	Daily Diary	
5-6	Dinner	
6-7	Bathtime, PJs, Clean, TV Show	
7:30pm	BEDTIME	

Movie night 2x week, 1-2 hike on weekends, picnic 1x week