

Time	Activity	Activity ideas
	Morning Routine	Eat breakfast, do morning chores, brush teeth, review daily schedule.
	Supervised Video Learning	Utilize video learning tools or access school video learning options. If no video learning option is available, work on supervised school assignments with a parent close by for help and support.
	Reading	Read independently. Read a book out loud. Or, split the time between the 2 activities. Write a book review or fill in a book log. Make and color a picture about the book.
	Free time/snack	Take a break with some indoor/outdoor free time. Exercise, play legos, or color. Move around!
	Independent work/Video Learning	Work independently on assigned school projects or participate in video learning. Younger kids can trace letters, complete a workbook assignment or use a video learning tool.
	Lunch	Have lunch and stretch and move! Play outside or find a fun game inside.
	Art/Creative time	Have fun doing an art project together. Or, if there is a project through your child's school, work on that. If mom or dad needs some work time, get out the art materials and direct your child in a project.
	Independent work/Video Learning	Work independently on assigned school projects or participate in video learning. Younger kids can trace letters, complete a workbook assignment or use a video learning tool.
	Fitness	If possible, find an outdoor activity. Take a walk or hike, play basketball, or go to the park. If you are confined at home, you can jump rope, hula hoop, or play hop scotch. If inside, have a dance party, or do some indoor yoga or stretching!
	Quiet time/nap	Find a quiet activity, read, or take a short nap.
	Chores/Clean	Clean up and complete any chores.