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| Before 9 am | Wake UP | Make your bed, eat breakfast, brush teeth, get dressed |
| 9:00-10:00 | Outdoor time | Family walk, outdoor play |
| 10:00-11:00 | Academic time | No Electronics! Reading, homework, study, puzzles, journal |
| 11:00-12:00 | Creative time | Creative play, drawing, Legos, crafts, music, cooking, baking  |
| 12:00-12:30 | Lunch |  |
| 12:30-1:00 | Home Chores | Clean rooms, put away toys, take out garbage, pet care |
| 1:00-2:30 | Quiet Time | Reading, nap, puzzles, yoga |
| 2:30-4:00 | Academic Time | Electronics ok! Educational games, online activities, virtual museums tours. |
| 4:00-5:00 | Outdoor time | Family walk or outdoor play |
| 5:00-6:00 | Dinner Time | Family dinner, help with clean-up dishes  |
| 6:00-7:00 | Bath Time | Bath or shower |
| 7:00-8:00 | Reading/TV time | Relaxing before bedtime |
| 9:00 | Bedtime | Put on PJ’s, brush teeth, clothes in laundry |