

PreSchool/Lower Elementary Ages

Remember: Learning is happening all throughout the day, not just during 'academic time'. When you are engaged with your child, he/she is learning. Play is a child's language, and they are learning while playing.

8AM	Breakfast
	Dress/Self Care
9AM	1:1 Time with Each Child
10AM	Outdoor Time
	Snack
Noon	TV/Tech Time
1PM	Lunch
2PM	Academic Time (Plan a lesson night before)
3:30PM	Outdoor Time/Unstructured Play
5:00PM	Chores/Help Prepare Dinner
5:30PM	Dinner
6:30PM	Family Choice Time
7:00PM	Bed Routine
7:30PM	Lights Out