

## Upper Elementary/Middle School 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	Physical Activity (walk, jog, yoga)
11AM	Academic Time (reading or work from school)
1PM	Lunch
2PM	Academic Time (reading or work from school)
3:30PM	Outdoor Time/Unstructured Play/Choice Time
4:30PM	Technology/TV Time
5:00PM	Chores/Help Prepare Dinner
5:30PM	Dinner
6:30PM	Family Choice Time (activity, watching show together, etc)
7:30PM	Bed Routine
8:00PM	Lights Out