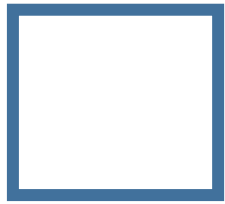
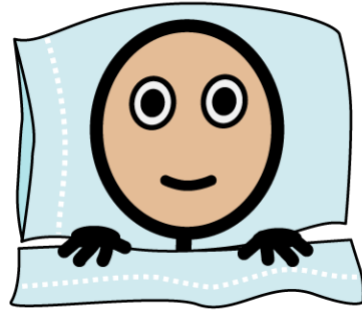
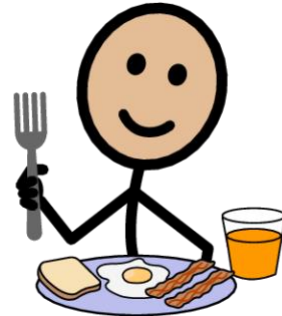




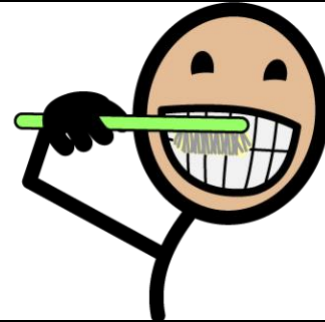
wake up



eat  
breakfast



brush teeth



make your  
bed



get dressed

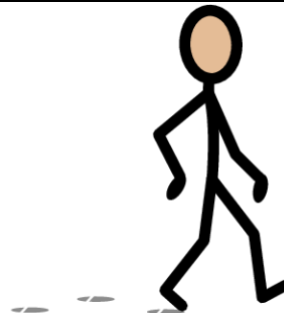




stretch



take a walk

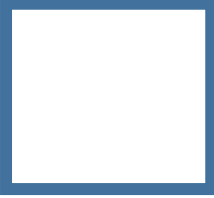


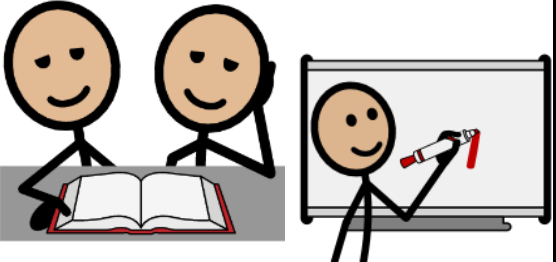



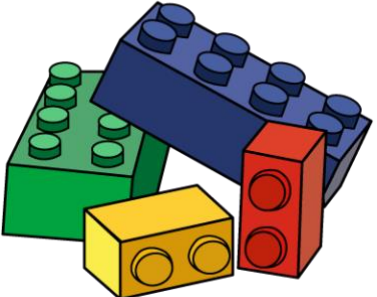

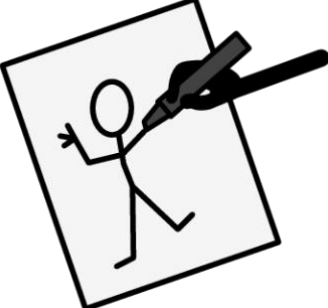
jog



move your  
body

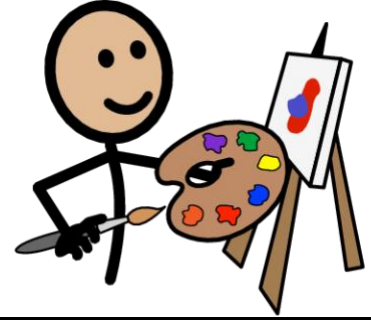


	<p>9:45–10:15 math</p> 
	<p>10:15 – 10:45 reading &amp; writing</p> 

	<p>legos</p> 
	<p>draw</p> 



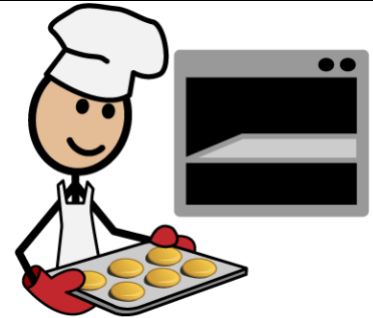
paint



playdoh



bake



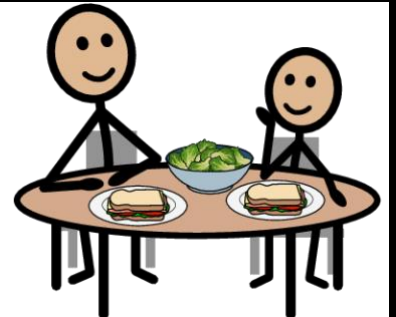
dance



11:30-12:30 LUNCH



lunch



12:30 – 1:00 Science and Social Studies

# science and social studies

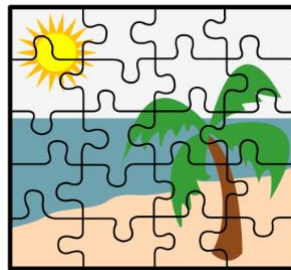


1:00-2:00

QUIET TIME

Read, puzzle, Mind Yeti meditation, nap, etc.

# quiet time



2:00-3:30

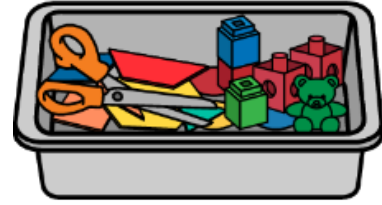
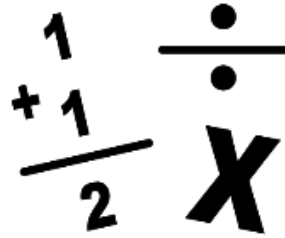
ACADEMICS

45 minutes of Math, 45 minutes of Literacy



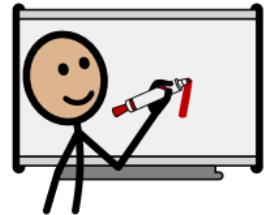
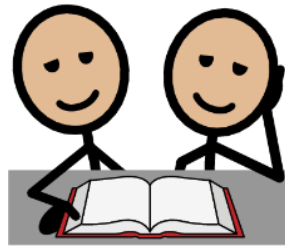
2:00 – 2:45

math



2:45 – 3:30

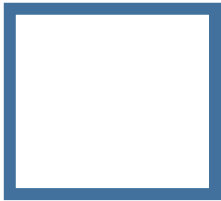
reading &  
writing



3:30-4:30

GET MOVING

Stretch, take a walk, take a jog, PLAY OUTSIDE, get your body moving



stretch



take a walk

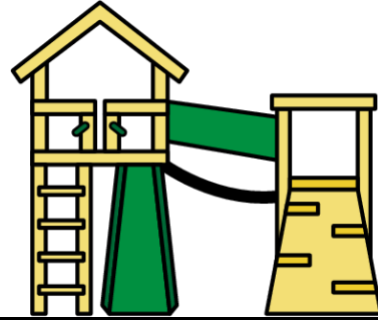




jog



play  
outside



4:30-5:00

CLEAN UP

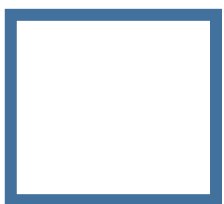
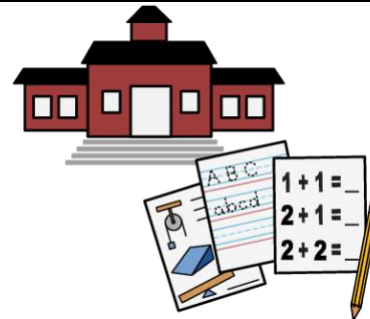
Tidy up toys, school work, etc. Wash hands & help prep for dinner



clean up


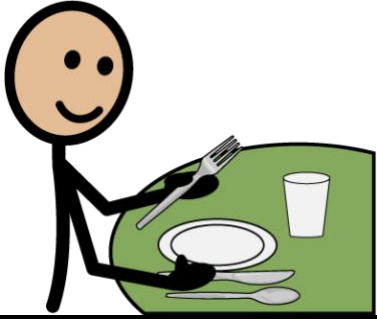


school  
work

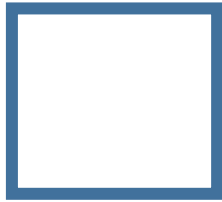
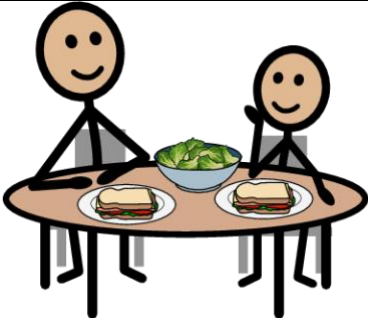


wash  
hands

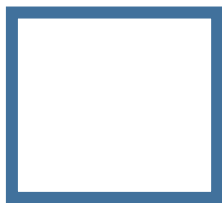
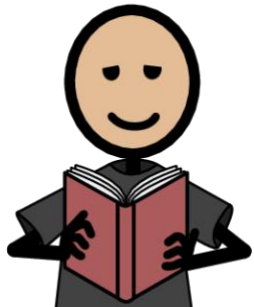




	<p>Prep for dinner</p> 
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5:00-6:00 DINNER

	<p>dinner</p> 
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6:00-8:00 FREE TIME Read, TV, video game, movie, board games, etc.

	<p>read</p> 
	<p>watch TV</p> 





video games



board game



By 9:00

BED TIME

Bathe/shower, brush teeth, read,



bath

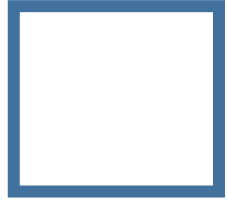


brush teeth



bedtime  
story





bedtime

