

Week 1 Idea:

Structure – research shows that kids need structure and the old saying goes “fail to plan is a plan to fail”

Our kiddos are used to school where there is a timetable, their day is structured and planned – we can do this for them while they are at home.

- Plan out the day: break the day into 1 or ½ hour blocks depending on the age of your kids – see the attached blank schedules you can print
- Slot in activities: List what activity will happen in each of those blocks (reading, free play, eating, baking, play outside etc.) see the blank schedules provided for your use.
- Post it where everyone can refer to it during the day
- I will add more ideas and resources for the different categories listed in the sample schedule. You can find tons of ideas online!

Sample Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00	Check out Church online	Brain work	Brain work	Brain work	Brain work	Brain work	
9:00		Music	Art	Music	Learn a Language	Gym	
10:00		Screens	Screens	Screens	Screens	Screens	
11:00		Free Play	Free Play	Free Play	Free Play	Free Play	
12:00		Lunch	Lunch	Lunch	Lunch	Lunch	
1:00		Gym	Gym	Gym	Gym	Special Project: build a fort	
2:00		Baking	Building	Baking	Building		
3:00		Zoo online*	Zoo online*	Zoo online*	Zoo online*	Play in the fort	
4:00		Snack /Chores	Snack /Chores	Snack /Chores	Snack /Chores	Snack /Chores	
5:00		Time Alone	Time Alone	Time Alone	Time Alone	Time Alone	
6:00		Supper	Supper	Supper	Supper	Supper	
7:00		Family Time	Family Time	Family Time	Family Time	Family Time	

*Cincinnati Zoo online animal info sessions: https://www.facebook.com/cincinnati_zoo/