

SCHEDULE OF ACTIVITIES FOR CHILDREN AT HOME

THINGS TO DO

TIME ALLOTTED*

ACADEMICS/TABLE TIME

15-60 MINUTES

READ BOOKS

15-30 MINUTES

PLAY OUTSIDE

60 MINUTES

FREE PLAY INSIDE

60 MINUTES

SCREEN TIME

60 MINUTES

HELP SOMEONE ELSE

15-30 MINUTES

SENSORY PLAY

30 MINUTES

*PLEASE NOTE THAT TIME ALLOTTED MAY VARY DEPENDING ON THE AGE AND ABILITY LEVEL OF THE CHILD AS WELL AS THE DAY, TIME, ACTIVITY, AND JUST HOW YOUR CHILD IS DOING IS GENERAL! USE THIS AS A GUIDE, NOT A BIBLE .

DESCRIPTION OF ACTIVITIES

ACADEMICS/TABLE TIME: FREE WRITING, PUZZLES, WORKSHEETS, HOMEWORK, CREATIVE DRAWING, COLORING, BUILDING, ARTS AND CRAFTS

READ BOOKS: INDEPENDENT READING OR READING WITH SOMEONE, AUDIO BOOKS

PLAY OUTSIDE: GO TO THE PARK, PLAYGROUND, SCOOTER, BIKE, BIG WHEELS, GO FOR A WALK OR HIKE, SIDEWALK CHALK, BALLS, BUBBLES, SPORTS OR GAMES

FREE PLAY INSIDE: PREFERRED PLAY ACTIVITY THAT DOES NOT INVOLVE SCREENS SUCH AS IMAGINARY PLAY, CREATION, EXPLORATION

SCREEN TIME: GO FOR IT, WE ALL NEED A TIME TO SHUT OFF OUR BRAINS- COMPUTER GAME, SHOW, MOVIE, IPAD

HELP SOMEONE ELSE: A PARENT IN THE KITCHEN, A NEIGHBOR WITH YARD WORK, WEEKLY VOLUNTEER LOCATION, A SIBLING WITH A TASK, CLEANING UP TOYS, DAILY CHORES

SENSORY PLAY: MESSY PLAY IN SLIME, PLAY DOH OR CLAY, SAND BOX, SWIMMING, MUSIC AND DANCING, PLAY INSTRUMENTS, SPINNING, SWINGING