

School Day

Academics

9:00-10:00

Outside Time

10:00-10:30

**Academics, creative
play, or specials (Art,
Music, Phy Ed)**

10:30-11:30

Lunch

11:30-12:00

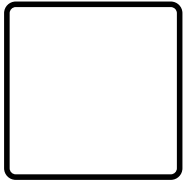
Outside Time

12:00-12:30

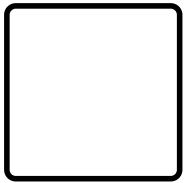
**Read books, table
top tasks, or
homework**

12:30-2:00

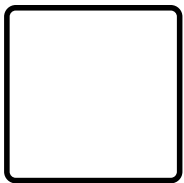
School Day



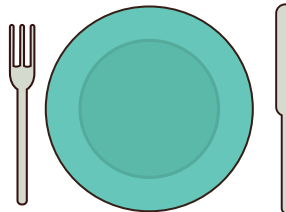
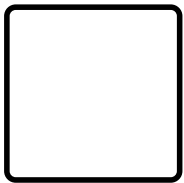
9:00-10:00



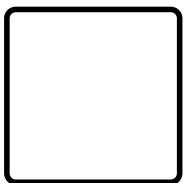
10:00-10:30



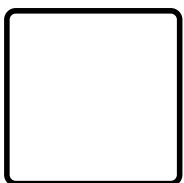
10:30-11:30



11:30-12:00



12:00-12:30



12:30-2:00

Tips and Tricks

- * Use school guidance for academics
- * Meet your child where they're at
- * Keep it consistent
- * Create a workspace context to allow separation from "schoolwork" and play
- * Use time frames as guides, adjust if needed
- * Allow short movement breaks if needed (10 jumping jacks, 5 spins each way, deep squeezes) and return to work