



# Daily schedule with kids at home

**8.00** ● Breakfast

**8.30-9.00** ● After breakfast clean up, making beds, dressing up

**9.00-10.00** ● Morning crafting

**10.00-10.30** ● Kids free play - parent coffee break/emails time

**10.30** ● Snack time

**11.00-12.00** ● Fresh air (backyard play)/if you can't screen time/books/puzzles

**12.00-12.30** ● Lunch time

**12.30-13.00** ● Home mini clean up - kitchen/toys/laundry

**13.00-14.30** ● Nap for younger kids/free play time for older kids/parent calm time

**14.30-15.30** ● Afternoon crafting

**15.30** ● Snack

**15.45-16.30** ● Fresh air (backyard play/or screen time if you can't go out)

**16.30-18.00** ● Screen time

**18.00-19.00** ● Dinner & clean up

**19.00-20.00** ● Bedtime routine

**20.00-** ● Parent time