

Time Blocked Schedule

Daily Schedule



Time	Makena	Nolan
8:00-9:00 am	Wake Up Morning Routine	Wake Up Morning Routine
9:00-9:15 am	Exercise/Outside Play	Exercise/Outside Time
9:15-9:45 am	Morning Work	Play
9:45-10:00 am	Break	Break
10:00-10:45 am	ELA	ABC Mouse, Reading, Letter Id
10:45-11:00 am	Snack/Break	Snack/Break
11:00-11:45 am	Math	ABC Mouse, Number Id, Counting
11:45-12:00 pm	Break	Break
12:00-12:30 pm	Science/Social Studies/Computers	ABC Mouse, Art, Color Id
12:30-1:00 pm	Lunch/Break	Lunch/Break
1:00-1:30 pm	<u>Edspora</u>	Play
1:30-1:45 pm	Break	Break
1:45- 2:15 pm	Chores	Chores
2:15-Bed	Your Time	Your Time



Activity Checklist

Daily Schedule

- Morning Routine: 8:30-10 am
- Schoolwork: 10:00-12:30 pm
- Lunch: 12:30-1:30 pm
- Downtime: 1:30-2:00 pm
- Chores: 2:00-2:30 pm
- PE: 2:30-3:00 pm
- Free Time: 3:00 until Dinner

Post - It

Morning Routine

Math

Reading

Language

Chores

PE

Have a great day!

Love Mom



- Schedules create structure and predictability
- Keep it simple
- Be flexible
- Stick with it ~ consistency is key
- Make changes, as you need to

Your feedback and suggestions are welcome!



In the document that linked you to this video, you will see a link at the bottom to offer your input.

We appreciate your feedback and suggestions for future videos.

Please check out our other videos on Motivation, Workspace and Engagement.

Routines and
SCHEDULES ARE
what will
PREVENT
you from getting
burnt out
overwhelmed
and
exhausted.