

Student Daily Schedule - TEMPLATE

Caregivers - Now, more than ever, our students need a schedule to provide structure as well as relief with a sense of order. Feel free to make a copy of this document and edit it with your child to help explore interests and develop ownership.

Time	Activity	What's It Look Like (Suggestions)
	Wake-Up	Eat a nutritious breakfast.
	Morning Routine	Make your bed. Get dressed. Brush your teeth.
	Academic Time	Do any work assigned by your teacher(s).
	Creative Time	No technology. Use this time to draw, paint, build with Legos, or play an instrument.
	Lunch Time	Eat a healthy lunch.
	Chore Time	Sort and fold laundry, dust, sweep.
	Academic Time	Do any work assigned by your teacher(s). Read for at least 20 minutes. Write in a journal.
	Free Time	Go outside (bike ride, basketball). Play a game.
	Community Service Time	Write a letter to someone in a nursing home. Walk a pet. Facetime a loved one.
	Free Time	Set a limit to allow for fun technology.
	Bed Time	Brush your teeth.