

# Sample Daily Schedule

*Family-friendly ideas for structuring your day at home*

## Morning

Wake Up	<i>Routine wake-up time is helpful to embrace today.</i>
Breakfast	Make Breakfast + Set Table + Pray + Eat + Clean Up
Morning Prayers	Decade of Rosary + Angel of God + Intentions
Get Dressed + Pick Up Room	<i>This helps in feeling there's a purpose for the day.</i>
Health + Wellness	Ride Bike + Walk + Fresh Air
Creative Time + Free Play	Service + Cooking + Art + STEM Experiments
Academic Time	<i>See Choice Boards</i>

## Afternoon

Lunch	Make Lunch + Set Table + Pray + Eat + Clean Up
Quiet Time	Rest + Read + Draw + Color + Listen to Music
Academic Time	<i>See Choice Boards</i>
Health & Wellness	Ride Bike + Walk + Fresh Air
Creative Time + Free Play	Service + Cooking + Art + STEM Experiments

## Evening

Dinner	Make Dinner + Set Table + Pray + Eat + Clean Up
Fun Family Time	Play Games + Watch a Show + Free Time
Evening Prayers	Decade of Rosary + Angel of God + Intentions
Bedtime	<i>Routine bedtime time is helpful to embrace the next day.</i>