

K-2 Daily Schedule

Before 9:00am	<i>Wake up</i>	Eat breakfast, make your bed, get dressed, brush your teeth
9:00 to 10:00	<i>Morning Exercise</i>	Family walk, yoga, https://family.gonoodle.com
10:00 - 11:00	<i>Academic Time</i>	No electronics Educational Packet, flash cards, journal, puzzle books
11:00 -12:00	<i>Creative Time</i>	Drawing, play music, cook, bake, Legos, toys, STEAM activities
12:00	<i>Lunch</i>	
12:30	<i>Chore time</i>	General cleaning in bathroom, kitchen, bedroom, dishes, etc
1:00-2:00	<i>Quiet time</i>	Read, puzzles, nap
2:30-4:00	<i>Academic Time</i>	Electronics OK Educational online games, PBS https://www.pbssocal.org/pbs-news/at-home-learning/
4:00-5:00	<i>Afternoon Fresh Air</i>	Walk, play outside, ride bicycle
5:00-6:00	<i>Dinner</i>	
6:00 - Bedtime	<i>Free Time</i>	

K-2 Horario Diario

Antes de las 9:00am	<i>Despertar</i>	Desayuna, tiende la cama, vestirte, lavar los dientes
9:00 to 10:00	<i>Ejercicio matutino</i>	Caminar con la familia, yoga, https://family.gonoodle.com
10:00 - 11:00	<i>Tiempo académico</i>	Sin electronicos Paquete educativo, tarjetas de estudio, mantener un diario, libros educativos
11:00 -12:00	<i>Tiempo creativo</i>	Dibujar, tocar música, cocinar, hornear, Legos, juguetes, actividades de STEAM
12:00	<i>Almuerzo</i>	
12:30	<i>Tarea del hogar</i>	Limpieza general en el baño, cocina, recamara, platos, etc.
1:00-2:00	<i>Tiempo de silencio</i>	Leer, rompecabezas, siesta
2:30-4:00	<i>Tiempo académico</i>	Con electronicos Juegos académicos, PBS https://www.pbssocal.org/pbs-news/home-learning-en-espanol/
4:00-5:00	<i>Aire libre</i>	Caminar, jugar afuera, montar bicicleta
5:00-6:00	<i>Cena</i>	
6:00 - Bedtime	<i>Tiempo libre</i>	