

**\*\* This is just a sample schedule. You need to do what's best for YOU and YOUR family to get through the day!!**

7:00-7:45 am	Breakfast
7:45-8:00 am	Brush teeth and get ready for the day!
8:00-9:00 am	Choose 1-2 activities from EOEL favorite list
9:00-9:20 am	snack
9:20-10:00 am	Outdoor time! Draw with chalk, ride a bike, jump rope, explore!
10:00-11:00 am	Choose another 1-2 activities from EOEL favorite list
11:00-11:45 am	Lunch
11:45-12:00 pm	Read a story to your child
12:00-1:45 pm	Nap time! Parents enjoy a little time to yourself; You got through half the day! Catch up on some work if possible!
1:45-2:00 pm	snack
2:00-3:00 pm	Outdoor time! Have kids throw a ball, climb a tree, kick a ball, etc.
3:00-4:00 pm	Choose 1-2 activities from EOEL favorite list! Help your kids get started then try to see if they can do it independently while you get dinner started. If your kids can help you prepare dinner, skip the activities and have them help you! OR go on a short stroll around your block.
4:00-5:00 pm	If you need this time for a little break before dinner, let your kids do a little bit of watching an educational show or an educational game (refer to EOEL list of developmentally appropriate sites).
5:00-6:00 pm	Dinner as a family. Talk about your day and plans for the next day. Ask your children what they are interested in finding out more about. Plan to research together on a topic of their interest.
6:00-6:30 pm	Have your children help you wash the dishes.
6:30-7:00 pm	Have your children take a bath and brush and floss their teeth and get ready for bed.
7:00-7:30 pm	Read a story with your child or have them make up a story!
7:30 pm	Bed time! Pat yourself on the back you got through the day!!

