

5:00	Dinner	
Evening	Family time	

***Secondary Example***

<b>Time</b>	<b>Activity</b>	<b>Notes</b>
Before 9:00 AM	Wake up	Set your alarm if needed
9:00 - 9:30	Morning routine	Eat breakfast, make your bed, prepare for the day
9:30 - 10:30	Morning activity	Physical activities such as a walk, run, or yoga at home
10:30 - 11:30	Academic time -Two content areas (Example: English and Math)	Check google classroom, email, etc to see what opportunities you have from your teachers. OR Determine what lessons you want to engage with at this time.
11:30 - 12:00	Break/Creative time	Talk to a friend, parent or sibling, draw, listen to music, cook, practice your instrument, read a book, etc.
12:00	Lunch	
12:30 - 2:30	Academic time -Two content areas (Example: Science and Social Studies)	Check google classroom, email, etc to see what opportunities you have from your teachers. OR Determine what lessons you want to engage with at this time.
2:30 - 3:00	Chores	Complete chores as determined by your family.
3:00-4:00	Break/Creative time	Talk to a friend, parent or sibling, draw, listen to music, cook, practice your instrument, read a book, etc.
4:00 - 5:00	Afternoon activity	Physical activities such as yoga at home, take the dog for a walk, etc.
5:00	Dinner	
Evening	Family time	