

Hunkered Down Schedule

8-9:30	Wake up, Get Ready & Eat Breakfast
9:30-11	Academic Time for Big Kids & Quiet Activities for Littles (blocks, coloring, flashcards)
11-12	Get Outside (go for a walk or hang in the backyard!)
12-12:30	Lunchtime
12:30-2	Academic Time for Big Kids & Educational Screen Time for Little Ones
2-3:30	Move Your Body (mommy & me yoga or a family dance session)
3:30-5	Chore Time (when finished allow for creative play or special time with mom or dad)
5-6	Dinnertime
6-7	FREE Time
7-8	Bedtime Routine