

Daily Quarantine Schedule!



- ☐ 08:00: wake up, morning chores, eat breakfast, pajamas in the wash, change pillow case
- ☐ 09:00: Play in the backyard / yoga / just dance
- ☐ 10:00: Good Old fashioned learning! worksheets, flash cards, stories
- ☐ 11:00: Create! Bake, craft, puzzles, colouring
- ☐ 12:00: Lunch time! Eat as a family
- ☐ 12:30: Quarantine Chores! Laundry, wipe all bathrooms. counters, light switches, doorknobs. tables and chairs
- ☐ 1:00: Quiet time! Reading, nap, room time
- ☐ 2:30: Electronic learning! Educational games Or documentaries
- ☐ 4:00: Play in the backyard / yoga / just dance
- ☐ 5:00: Supper time! Eat as a family
- ☐ 6:00: Free time! Electronics, play, board games, Whatever you feel like!
- ☐ 8:00: bedtime for kids!