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!

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