Kids at Home Schedule Ideas

Kids thrive on a balance of routine and free play. When schools are closed, consider building a flexible daily schedule to help your family run more smoothly!



Self Care:

- [ ] 1. Shower/ Bathe
- [ ] 2. Get Dressed
- [ ] 3. Brush Teeth
- [ ] 4. Floss
- [ ] 5. Clip Fingernails
- [ ] 6. Brush Hair

Household Contribution:

- [ ] 7. Laundry
- [ ] 8. Clean Bathroom
- [ ] 9. Yardwork/ Gardening
- [ ] 10. Cook a Simple Meal
- [ ] 11. Sort Mail
- [ ] 12. Wipe Down Surfaces
- [ ] 13. Take out Garbages
- [ ] 14. Organize a Closet

Free Play

- [ ] 15. Ride Bikes
- [ ] 16. Sidewalk chalk
- [ ] 17. Legos
- [ ] 18. Build a block city
- [ ] 19. Playdough Creations
- [ ] 20. Build and color a box fort
- [ ] 21. Collect stones to paint
- [ ] 22. Balloon Games

Academic Learning

- [ ] 23. Flash Cards
- [ ] 24. Online School Work
- [ ] 25. Workbooks
- [ ] 26. Practice Writing
- [ ] 27. Phonics
- [ ] 28. Practice Spelling
- [ ] 29. Geography

Creative Learning

- [ ] 30. Science Experiment
- [ ] 31. Nature Walk
- [ ] 32. Learn How Things Work
- [ ] 33. Hands On Learning
- [ ] 34. Sensory Play
- [ ] 35. Virtual Fieldtrip
- [ ] 36. Set up learning "centers"

Personal Development

- [ ] 37. Music Practice
- [ ] 38. Sports Practice

- [ ] 39. Drawing/ Painting
- [ ] 40. Dance
- [ ] 41. Sewing
- [ ] 42. Service
- [ ] 43. Photography

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