



DAILY SCHEDULE

SUGGESTED AGES 13-18

Adolescence is a time where we begin to explore and assert our independence. Teenagers do not need as rigorous of a schedule as young children do, but they still benefit from routine and structure. Allow your teen to come up with their own schedule from these recommendations below:

SCHEDULE FOR 13-18 YRS OLD

9:00 - 10:00 AM

- Wake Up, Get Ready, Eat breakfast

10:00 - 12:00 PM

- Homework
 - Create workspace. Have your teen pick a spot where they can work uninterrupted. Have them organize and/or decorate it in a way that they feel will help them be productive and motivated. (Ex. Use a special notebook or colored pens that make note-taking and writing more fun.)

12:00 - 1:00 PM

- Lunch and Clean Up
 - Have your teen make a meal for the family
 - Wash hands before and after eating
 - Bring dishes to sink, load dishes into dishwasher or help dry dishes

1:00 - 2:30 PM

- Quiet Time
 - Read
 - Do a puzzle
 - Journal
 - Listen to music/podcast/audiobook
 - Meditate or do mindfulness exercises:
mindfulnessforteens.com/resources/resources-for-mindfulness/
 - Color/draw/paint
 - Take a nap

2:30 - 4:30 PM

- Get Active
 - If it's nice outside, go for a run/walk, ride a bike, set up an obstacle course
 - If your teen is involved in sports, have them practice what they can at home (Ex. If your child plays basketball, have them practice dribbling and ball-handling skills.)

If your teen plays baseball/softball, have them practice their swing, strengthen their arm through catch, roll ground balls/throw pop-flys in yard)

- On a rainy day, pull up home workout videos on YouTube (e.g., yoga, interval training, dance videos, etc.)

4:30 - 6:30 PM

- Electronic Time
 - Play on iPad/tablet/computer/phone
 - Use social media
 - Watch TV/movie

6:30 - 7:30 PM

- Dinner and Clean Up
 - Wash hands before and after eating
 - Bring dishes to sink, load dishes into dishwasher or help dry dishes
 - Allow your teen to help with meal prep a few times a week. If they have an interest in cooking, allow them to prepare a meal for the family.

7:30 - 9:00 PM

- Wind-Down Time
 - Take a shower/bath (use bath bombs, listen to music)
 - At-home spa treatments like face masks, paint nails, etc.
 - Put on pajamas, brush teeth, wash face

9:00 - 10:00 PM

- Bedtime Routines
 - Read
 - Light candles
 - Listen to music
 - Journal
 - Meditate or do mindfulness exercises
- Sleep