



# DAILY SCHEDULE

## SUGGESTED AGES 5-8

It's important to keep your child on a routine while they are home from school or daycare. A school day offers children a set routine they can count on. Try this at home to bring the stability they are used to having.

### SCHEDULE FOR 5-8 YRS OLD

#### 9:00 - 10:00 AM

- Wake Up
- Breakfast and Clean Up
  - Wash hands before and after eating
  - Bring dishes to sink, load dishes into dishwasher or help dry dishes
- Brush Teeth and Wash Face
- Get Dressed

#### 10:00 - 11:00 AM

- Educational Activity
  - Ages 5 and up:  
[learning4kids.net/category/over-5-years](http://learning4kids.net/category/over-5-years)
  - Ages 5-8:  
[care.com/c/stories/4117/101-awesome-activities-for-kids-ages-5-to-8](http://care.com/c/stories/4117/101-awesome-activities-for-kids-ages-5-to-8)

#### 11:00 AM - 12:00 PM

- Creative Play (See above links)
  - Make a batch of homemade playdough
  - Make a fort out of blankets and pillows
  - Make sock puppets
  - Play dress up

#### 12:00 - 1:00 PM

- Lunch and Clean Up
  - Wash hands before and after eating
  - Bring dishes to sink, load dishes into dishwasher or help dry dishes

#### 1:00 - 2:30 PM

- Quiet Play/Independent Play
  - Read a book
  - Do a puzzle
  - Build with Legos/blocks

#### 2:30 - 4:30 PM

- Outside Play
  - Go on a nature walk and collect leaves and rocks
  - Plant flowers together
  - Decorate driveway/sidewalk with chalk
  - Ride a bike/scooter

#### 4:30 - 6:00 PM

- Electronic Time
  - Play on iPad/tablet/computer
  - Watch TV/movie

#### 6:00 - 7:00 PM

- Dinner and Clean Up
  - Wash hands before and after eating
  - Bring dishes to sink, load dishes into dishwasher or help dry dishes

#### 7:00 - 8:00 PM

- Wash up for Bedtime
  - Bath/shower time
  - Put on pajamas
  - Brush teeth and wash face

#### 8:00 - 9:00 PM

- Bedtime Routines
  - Practice reading with your child or let them read a story to you
- Sleep

