



# DAILY SCHEDULE

## SUGGESTED AGES 9-12

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. For more ideas visit: [care.com/c/stories/3772/101-exciting-things-to-do-with-kids-aged-9-12/](https://www.care.com/c/stories/3772/101-exciting-things-to-do-with-kids-aged-9-12/)

### SCHEDULE FOR 9-12 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 or Homework
  - Math activities:  
[home.oxfordowl.co.uk/kids-activities/fun-maths-games-and-activities](https://home.oxfordowl.co.uk/kids-activities/fun-maths-games-and-activities)
  - Word games:  
[home.oxfordowl.co.uk/kids-activities/learning-activities-age-10](https://home.oxfordowl.co.uk/kids-activities/learning-activities-age-10)
  - Writing activities:  
[home.oxfordowl.co.uk/english/primary-english-year-6-age-10-11](https://home.oxfordowl.co.uk/english/primary-english-year-6-age-10-11)

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

- Creative Play
  - Teach your child how to make a meal from a recipe
  - Tie dye t-shirts:  
[care.com/c/stories/3341/5-easy-tie-dye-instructions-and-4-tie-dye-pat](https://www.care.com/c/stories/3341/5-easy-tie-dye-instructions-and-4-tie-dye-pat)
  - Use a video camera to create stop-frame animations

#### 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
  - Listen to music

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

- Outside/Movement Play
  - Nature Hunt/Fitness Hunt:  
[care.com/c/stories/3833/8-scavenger-hunt-ideas-for-kids/](https://www.care.com/c/stories/3833/8-scavenger-hunt-ideas-for-kids/)
  - Put together a time capsule and bury it in the backyard
  - Set up an outdoor obstacle course

#### 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
  - Read
  - Listen to music
  - Sleep

