

COVID-19 DAILY SCHEDULE

TIME	ACTIVITY
9:00	Morning High 5: 1. Get dressed 2. Eat breakfast 3. Brush teeth, brush hair 4. Clean room 5. Do morning job
10:00	School/Work Block
11:30	Lunch Break
1:00	School/Work Block
2:30	Free Block, Snack
4:00	School/Work Block (if necessary)
6:00	Dinner

SCHOOL/WORK BLOCK OPTIONS:

Homework	Online class
Read	PE (walk around the block, exercise class)
Typing	Watch a documentary/Great Courses video

FREE BLOCK OPTIONS:

Art	Crafts	Build something
Drawing	Listen to music	Work on a puzzle
Bake	Listen to an audio book	PE
Organize	Play outside	Play a game

EVERY DAY YOU NEED TO:

1. Do typing
2. Clean your room
3. Read a book
4. Walk or scooter around the block 2 times
5. Do something creative