**Daily Schedule Examples**

**Preschool/Early Elementary**

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| **Time** | **Activity** |
| 8:00 | Eat breakfast, get dressed, brush teeth, set plan for the day |
| 9:00 | Inside play/centers—block building, arts materials |
| 10:00 | Storytime and reading/letter/word identification practice, snack |
| 11:00 | Outdoor playtime |
| 12:00 | Lunch & quiet time |
| 1:00 | Shapes/number practice |
| 2:00 | Science and Outdoor time |
| 3:00 | Art, music, snack |
| 4:00 | Mindfulness activities and clean up/virtual visit with friends |
| 5:00 | Supper and family time |

**Upper Elementary/Middle School**

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| **Time** | **Activity** |
| 8:00 | Eat breakfast, get dressed, brush teeth, set plan for the day |
| 9:00 | Reading and writing |
| 10:00 | Math practice and snack |
| 11:00 | Outdoor activity |
| 12:00 | Lunch & Virtual museum visit |
| 1:00 | Science activity |
| 2:00 | Social studies/geography activity |
| 2:30 | Outside activity |
| 3:00 | Art or music, snack |
| 4:00 | Virtual visits with friends |
| 5:00 | Supper and family time |