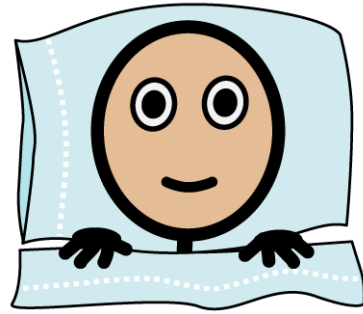
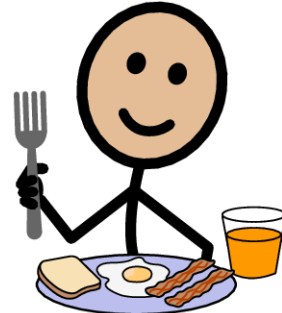




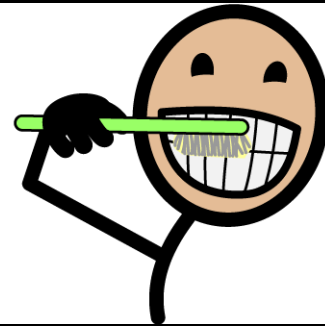
wake up



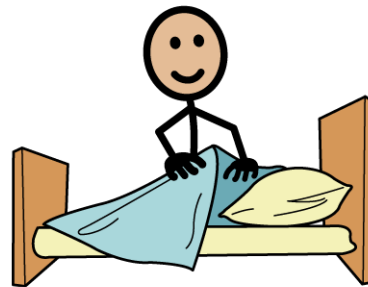
eat
breakfast



brush teeth



make your
bed

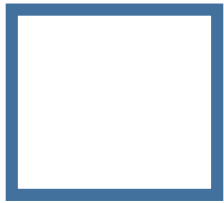


get dressed

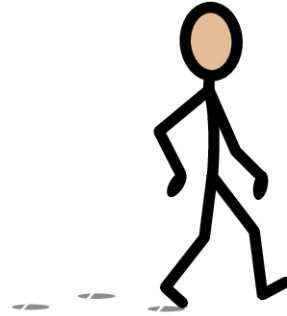




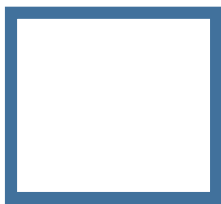
stretch



take a walk




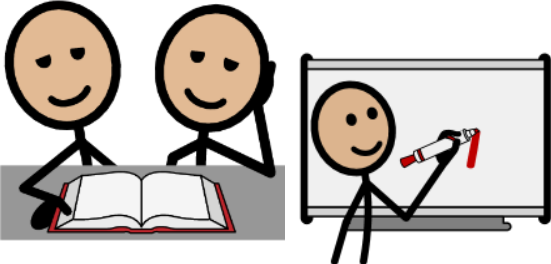


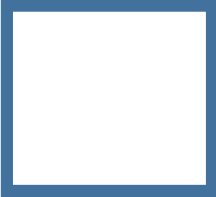
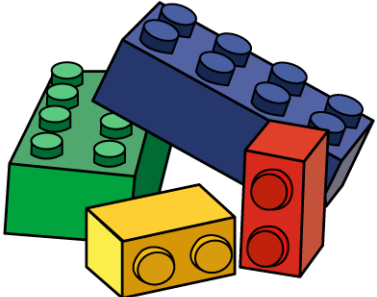

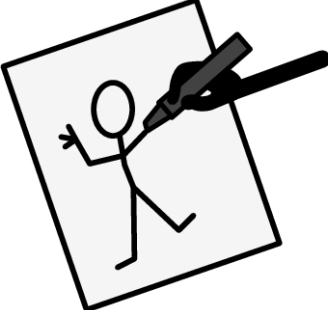
jog



move your
body

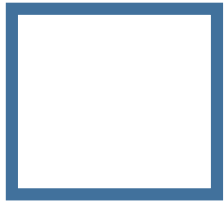
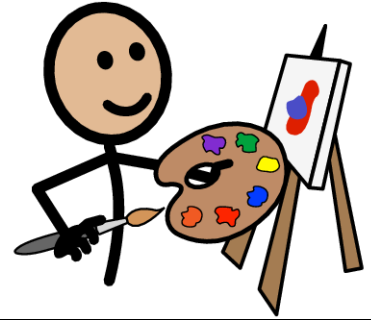


	<p>9:45–10:15 math</p> 
	<p>10:15 – 10:45 reading & writing</p> 

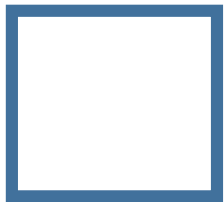
	<p>legos</p> 
	<p>draw</p> 



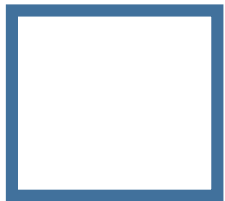
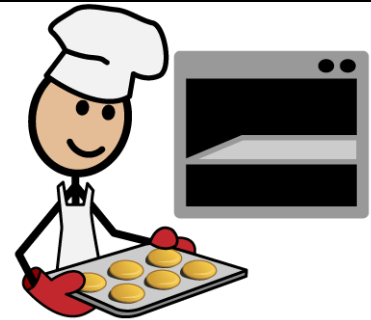
paint



playdoh



bake



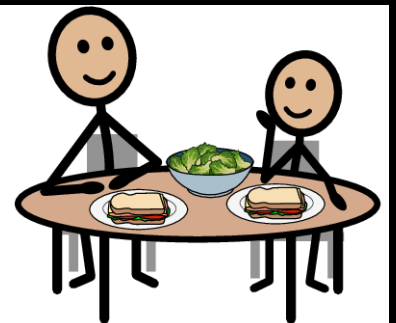
dance



11:30-12:30 LUNCH



lunch



12:30 – 1:00 Science and Social Studies

science and social studies

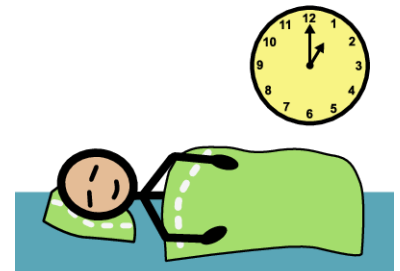
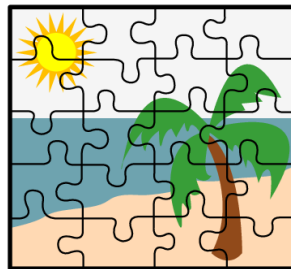


1:00-2:00

QUIET TIME

Read, puzzle, Mind Yeti meditation, nap, etc.


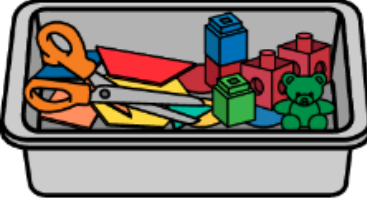


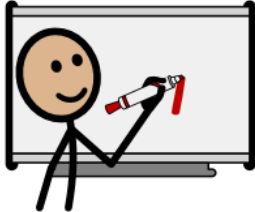
quiet time



2:00-3:30

ACADEMICS




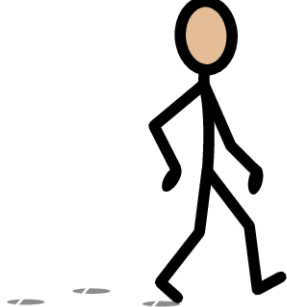
45 minutes of Math, 45 minutes of Literacy

	2:00 – 2:45 math	$\begin{array}{r} 1 \\ + 1 \\ \hline 2 \end{array}$ $\frac{\bullet}{\bullet}$ X	
	2:45 – 3:30 reading & writing		

3:30-4:30

GET MOVING

Stretch, take a walk, take a jog, PLAY OUTSIDE, get your body moving

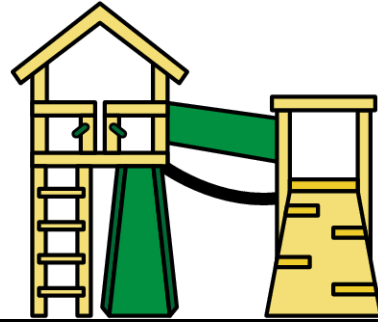
	stretch 
	take a walk 



jog



play
outside



4:30-5:00

CLEAN UP

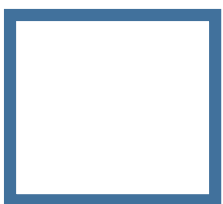
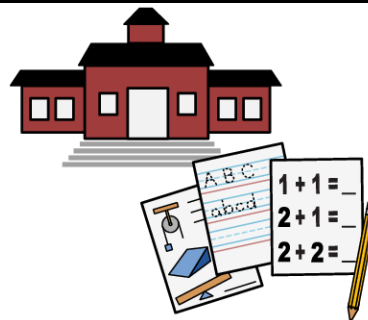
Tidy up toys, school work, etc. Wash hands & help prep for dinner



clean up


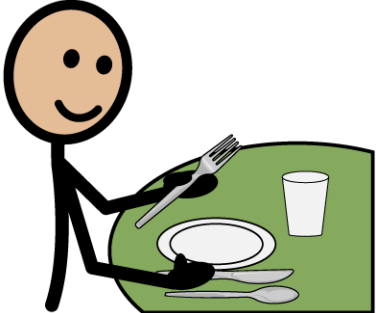


school
work



wash
hands



	<p>Prep for dinner</p> 
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5:00-6:00 DINNER

	<p>dinner</p> 
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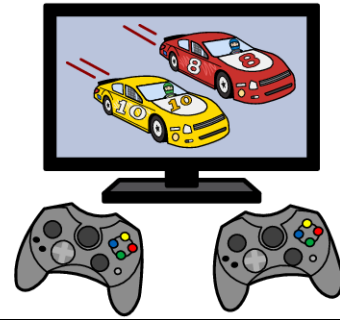
6:00-8:00 FREE TIME Read, TV, video game, movie, board games, etc.

	<p>read</p> 
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	<p>watch TV</p> 
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video games



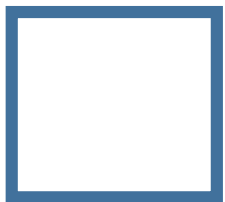
board game



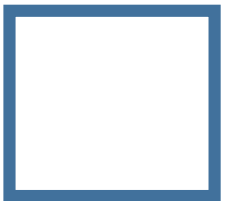
By 9:00

BED TIME

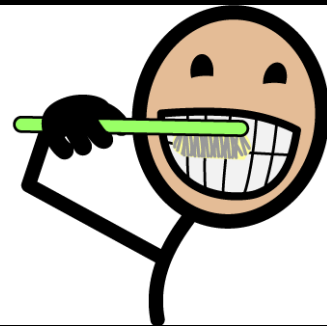
Bathe/shower, brush teeth, read,



bath



brush teeth



bedtime
story





bedtime

