
















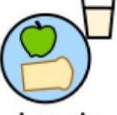





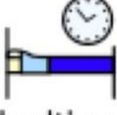


Home Learning Schedule

 <p>8:00</p>	 <p>breakfast</p>	 <p>2:00</p>	 <p>learning time</p>
 <p>9:00</p>	 <p>exercise</p>	 <p>3:00</p>	 <p>life skills</p>
 <p>10:00</p>	 <p>shower / hygiene</p>	 <p>4:00</p>	 <p>tech time</p>
 <p>11:00</p>	 <p>learning time</p>	 <p>5:00</p>	 <p>dinner</p>
 <p>12:00</p>	 <p>lunch</p>	 <p>6:00</p>	 <p>quiet activity</p>
 <p>1:00</p>	 <p>free time</p>	 <p>7:00</p>	 <p>bedtime</p>

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-9:00	Free Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry