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| Daily Schedule |
| 8:00 | Wake up, Morning Walk, Yoga, Exercise, breakfast  |
| 9:00 | Academic Time: Morning check in on Google Classroom |
| 10:00 -10:15 | snack |
| 10:15 | Academic/Creative Time – off screen if possible |
| 12:00 | Lunch  |
| 12:30 | Chores (tidying up from lunch, disinfecting home, etc, helping to prep dinner, etc) |
| 1:00 | Outside Recess (backyard, going for walk, jog) |
| 2:00 | Hobby/Academic/Reading Time  |
| 3:00 | Snack  |
| 3:30 | Hobby/Academic/Reading time |
| 4:30 | Free time (can include electronics, screens, reaching out to friends via Google Hangouts) |
| 6:00 | Dinner & clean up  |
| 7:00 | Family Time |
| 8:00 | Quiet time/Bed time  |