

# Suggested Daily Schedule

<b>By 8:00 AM</b>	<b>Morning Routine</b>	<b>Get dressed, Make bed, Eat breakfast</b>
<b>8:00 - 10:00 AM</b>	<b>First Work Period</b>	<b>Weekly Planner &amp; Morning Snack</b>
<b>10:00 - 10:30 AM</b>	<b>Jobs</b>	<b>Wiping surfaces, door knobs, and light switches, Helping with laundry, sweeping, vacuuming, Washing windows, dishes, Organizing and sorting drawers, closets, clothes</b>
<b>10:30 - 11:30 AM</b>	<b>Creative/Active Time</b>	<b>Art, Music, P.E. (crafting, baking, drawing, building, instrumentation, biking, yoga)</b>
<b>11:30 AM - 1:00 PM</b>	<b>Lunch and Outdoor Activity</b>	<b>Walk the dog, Pet Care, Backyard play, Neighborhood walks, Trail hiking, Bike riding</b>
<b>1:00-1:30 PM</b>	<b>Silent Reading</b>	<b>Reading Books, Book Reviews</b>
<b>1:30 - 3:00 PM</b>	<b>Second Work Period</b>	<b>Weekly Planner and Afternoon Snack</b>