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## DAILY ROUTINE WHILE QUARANTINED

7:00 AM Remind kids to make beds and clean bedroom  
(Adult prepares breakfast)

8:00 AM Breakfast/Screen time  
(Remind kids to help clear dishes, etc from breakfast)

9:00 AM Free Play

9:30 AM School Work/Activity

10:30 AM Snack

10:45 AM Outdoor Play

11:30 AM Story Time

11:45 AM Free Play  
(Adult prepares lunch)

12:00 PM Lunch  
(Remind kids to help clear dishes, etc from lunch)

12:30 PM Free Play

1:00 PM Quiet Time/Nap Time

***This is a GREAT time to get some Adult Work done/pay bills, chores***

3:00 PM Snack

3:15 Outdoor Play

4:00 PM Story Time

4:30 PM Free Play  
(Adult prepares dinner)

5:30 PM Family Dinner  
(Remind kids to help clear dishes, etc from dinner)

6:30 PM FAMILY TIME and start of NIGHT TIME ROUTINE

7:00 PM Bedtime Routine and Lights Out

## HELPFUL TIPS WHILE SHELTERING IN PLACE:

Create a loose schedule  
Stick to a routine  
Break the day into chunks  
Use your school day schedule as a guide for your daily routine  
Let kids help around the house and give them age appropriate chores  
**Don't feel you have to do every assignment or get everything done in 1 day**

### FREE PLAY:

What does Free Play mean to you?

To me, free play means that you allow your kids to play independently and give them the freedom to explore their own methods and ways to use their toys.

**ALWAYS BE NEARBY  
TO SUPERVISE OR STOP THEM FROM GETTING HURT  
OR HURTING SOMEONE ELSE.**

You can use this time to get some of your own work/housework done,  
while still checking in as needed.

### REMEMBER:

What we are doing today is NOT forever. We are all in **SURVIVAL MODE** for now.  
Do the best you can, don't expect miracles from your kids or partner.  
Cut yourself some slack, and remember to cut your family some slack as well.

Stay safe, healthy and home!

Sweet Dreams! 😴👶