



Morning Routine





Morning Routine

7:00 AM Wake-up and have breakfast

8:00 AM Go for a walk / outdoor play

8:30 AM Morning snack / indoor play

9:00 AM Bath time / home activity

10:00 AM Screen time / Prep lunch

11:00 AM Lunch time

12:00 NN School Time



Afternoon Routine

12:00 NN - 4:00 PM

School Time



5:00 PM

Relax / Free time



6:00 PM

Dinner Time



7:00 PM

Playtime



7:30 PM

Shower



8:00 PM

Story/Reading time



9:00 PM

Bed time

