



My Daily Schedule

TO DO

ALL DONE

7:00 am

- Brush teeth
- Shower
- Get dressed



7:30 am

- Eat breakfast

8:00 am

- E-learning school work
- Tabletop/structured activities

10:00 am

- Sensory/movement break

10:30 am

- Continue e-learning/structured activities

12:00 pm

- Eat Lunch

12:30 pm

- Break time

1:00 pm

- Finish e-learning work/structured activities
- Complete homework

2:00 pm

- Activity time
- Non screen time activities: puzzles, board games, cooperative play with siblings, craft projects

3:00 pm

- Outdoor play (if possible): bike ride, walk, tag/chase games, swimming pool, playground

4:00 pm

- Practice self-help skills: wash hands, wash face, make a snack

5:00 pm

- Help with household chores
- Ex. Help prepare dinner, set the table, put toys



away, fold clothes, tidy
around the house

6:00 pm

- Eat dinner

7:00 pm

- Screen time break

7:30 pm

- Bedtime routine
- Brush teeth
- Get changed
- Brush hair

8:00 pm

- Story time

8:30

- Bedtime