

Before 8:00	Wake Up-	Normal School day Routine- Get Dressed/Showered/Teeth Brushed etc. Breakfast
8:00-8:20	LEAST FAVORITE subject-	spend 20 min working on the materials, worksheets, packets for the subject you are not looking forward to. Studies show that this method will make the day more enjoyable.
8:20-9:00	OUTDOOR TIME-	<b>NO TECHNOLOGY other than device for schoolwork</b>  spend this time going on a bike ride, family walk, outdoor chores any form of fitness (maybe complete your PE task at this time)
9:00-10:30	ACADEMIC TIME-	<b>NO TECHNOLOGY other than device for schoolwork</b>  Set a 20 min timer and work on ONE subject at a time. Once the timer is off take a 5 min break to get water, stretch, use the bathroom, etc.
10:30-11:30	CREATIVE TIME-	Art, practice instruments, Chorus, work on crafts,
11:30-12:00	LUNCH	
12:00-1:00	HOME CHORES	<b>NO TECHNOLOGY</b>  Assignments from Home- Laundry, clean room, dishes, etc.
1:00-2:30	QUIET TIME	Read a book, yoga, puzzle, family time etc. anything approved by your parents
2:30-4:00	ACADEMIC TIME	<b>TECHNOLOGY okay for academic games</b>  Work Sent from School
4:00-6:00	PLAY TIME	<b>Parental Approved technology use-</b>  Games, bike ride, outside play
6:00- Bedtime	Normal Family Routine	Normal Evening