

DAILY SCHEDULE DURING COVID-19 QUARANTINE



MAINTAIN ROUTINES TO KEEP LEARNING ON TRACK!

Schedules and routines can help create calm amid chaos, which is especially important for younger students. Routines and habits can eliminate anxiety and worry for older students.

Before 9:00 AM	REGULAR SCHOOL DAY MORNING ROUTINE	Set an alarm • Get dressed Eat breakfast • Make bed
9:00 - 10:00 AM	MOVE YOUR BODY	Take a walk • Play in the yard Stretch • Ride bikes
10:00 - 11:00 AM	MORNING MOTIVATION	Read a book • Work in workbooks • Journal Make study notes • Use flashcards
11:00 - 12:00 AM	CRAFTS & CREATING	Crafting • Playing piano • Baking • Building • etc.
12:00 - 1:00 PM	LUNCH	Healthy meals and snack food for everyone
1:00 - 2:30 PM	QUIET TIME	Naps for younger children Books or other reading for older children
2:30 - 4:00 PM	AFTERNOON ACADEMICS	Research • Analyze • Write • Do homework Independent learning projects
4:00 - 5:00 PM	FRESH AIR	Play sports • Take a hike • Ride a bike • Climb a tree Have a race • Jump rope • etc.
5:00 - 6:00 PM	DINNER	Prep meals • Set table • Eat
6:00 - 8:00 PM	FREE TIME	Netflix • Board games • Reading • Play time • Apps
8:00 - 11:00 PM	BEDTIME	

With thanks @JessicaMcHalePhotography for inspiration

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