Creating a Flexible Daily Schedule

**TIPS**

- Circle the activities you choose to do with your children daily
- Make sure you plan activities that include child-centered time
- Let your child pick some of the activities!

Worksheet adapted from [www.superhealthykids.com](http://www.superhealthykids.com)
Strategies to Help Families During Coronavirus
Creating a Flexible Daily Schedule

Kids At Home
SCHEDULE IDEAS

Self Care
- Shower/Bathe
- Get Dressed
- Brush Teeth
- Floss
- Clip Fingernails
- Brush Hair

Academic Learning
- Flash Cards
- Online School Work
- Workbooks
- Practice Writing
- Phonics
- Practice Spelling
- Geography

Household Contribution
- Laundry
- Clean Bathroom
- Yardwork/Gardening
- Cook a Simple Meal
- Sort Mail
- Wipe Down Surfaces
- Take out Garbage
- Organize a Closet

Creative Learning
- Science Experiment
- Nature Walk
- Learn How Things Work
- Hands On Learning
- Sensory Play
- Virtual Fieldtrip
- Set up learning 'centers'

Free Play
- Ride Bikes
- Sidewalk chalk
- Legos
- Build a block city
- Playdough Creations
- Build and color a box fort
- Collect stones to paint
- Balloon Games

Personal Development
- Music Practice
- Sports Practice
- Drawing/Painting
- Dance
- Sewing
- Service
- Photography

Worksheet adapted from www.superhealthykids.com