













Sample Daily Schedule

Inspired by [Jessica McHale Photography](#)

Make a copy for yourself and adjust it to fit your needs!

[Link to Crocker Highlands Elementary's Lesson Plan Ideas \(English & Spanish\)](#)

	8:00	Wake Up and Get Ready	Make your bed, get dressed, wash hands, eat breakfast, clear your dishes, brush teeth.
	8:45	Academic Time (No screens) Start by reviewing the day's schedule.	Reading, writing in journals, math activities, workbooks or worksheets, science explorations, flashcards
	9:45	Physical Education (P.E.)	Do something physical outside, calisthenics indoors or use Exercise Videos for Kids . For K-2nd, try GoNoodle .
	10:15	Help Keep Out Germs!	Wipe down tables, chairs, door handles, light switches, bathroom sinks & toilets, remote controls, keyboards
	10:30	Be Creative	Cooking, drawing, painting, Legos, clay, music practice, dance, creative writing, etc.
	12:00	Lunch	Wash your hands, then eat and clean up after yourself.
	12:30	Recess	Indoor or outdoor - parents' choice.
	1:00	Academic Time (Screens OK)	Online academic activities (i.e. Freckle, PebbleGo, Khan Academy)
	1:45	Recess	Indoor or outdoor - parents' choice.
	2:00	Academic Time (No screens)	Puzzles, reading, board games that require strategy, writing, math, science
	3:00	Get Active Time	Walk, bike, skate, play outside!
	4:30	Help Around the House	Set table, help make dinner, take out the trash, clean up common spaces, work in the garden, walk the dog, etc.

