



Homeschool Routine: Older Preschoolers & School-Aged Kids

INDEPENDENT PLAY/QUIET READING

GET DRESSED/BRUSH TEETH

BREAKFAST

MORNING MEETING

(Talk briefly about the day and anything special the kids would like to do; check in on how they're feeling and what's on their mind)

MOVEMENT BREAK

SCHOOLWORK

FREE PLAY (INSIDE OR OUTSIDE)

LUNCH

QUIET READING/ACTIVITIES

SCREENTIME

FREE PLAY (INSIDE OR OUTSIDE)

HELP PREP DINNER

MOVEMENT BREAK

FREE SCREENTIME

DINNER

FAMILY GAME TIME

BATH, BREATHING EXERCISES & BED

We omitted time suggestions from this routine—a looser schedule allows for more flexibility and more success. You are doing your best!