



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAILY FAMILY SCHEDULE

It's a scary feeling looking at weeks and weeks of social distancing for Covid-19. Our daily routines with kids are built around schools and work, sports, play dates, classes and community events. What do we do all day at home? How will time ever pass?

We've got you covered! Try this daily schedule from Marcy, YMCA Early Learning Center Director, to give your kids (and you!) some structure during this time. It's easily adaptable for kids of all ages!



Before 9:00 am	Wake up	Eat breakfast, make your bed, get dressed and put PJs in the laundry
9:00-9:30 am	Morning walk	Family walk! Exercise indoors if it's too cold or rainy
9:30-10:30 am	Academic time	No electronics: activity books, flash cards, stories, draw/journal
10:30-11:00 am	Chores	
11:00 am-12:00 pm	Creative time	Legos, drawing, crafting, play music, cook or bake
12:00-12:30 pm	Lunch	
12:30-2:30 pm	Quiet/Rest time	Reading books, puzzles, nap
2:30-3:00 pm	Snack	
3:00-4:00 pm	Academic time	Electronics OK: educational tablet games, card games, educational shows
4:00-5:00 pm	Afternoon fresh air	Play outside!