



# Class of the 2's

## Suggested Daily Schedule

### **7-8:00am: Wake up, eat a yummy breakfast, get dressed.**

Set your alarm and shower before the children wake up. Let the children help with house chores and encourage them to be independent in brushing their teeth and getting ready for the day by choosing their own clothes and helping with breakfast.

### **9:30am: Virtual Remote Learning with your teacher and friends!**

These zoom calls vary by school and class. Don't force your child to sit. Set up environment so they can move around and be comfortable.

### **10:00am Body & Movement (go for a walk, outdoor play)**

If you can't make it outside, do some light stretching, yoga or dancing to wake up the body and mind! (check out our PE, YOGA videos)

### **10:30am Snack Time**

Find a special place at home to have your morning snack and get ready for your personal zoom call with your teacher. (Time also vary by school and class)

### **11:00am Experiences, activities & more...**

Engage in activities teachers have invited you to do! (check out our recommended experiences)

### **12:00pm Lunch/or Relaxing Time (Reading, Naps, Puzzles, Yoga...)**

### **3:00pm Experiences, activities & more...**

Engage in activities teachers have invited you to do! (check out our recommended experiences)

### **5:00pm Body & Movement (go for a walk, outdoor play)**

If you can't make it outside, do some light stretching, yoga or dancing to wake up the body and mind! (check out our PE, YOGA videos)

### **6:00pm Bath time/ TV Time**

### **7:00pm Dinner Time/reading time/bedtime**