



# Class of the 3's & 4's

## Suggested Daily Schedule

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

Motivate your child to come up with their morning routine, brushing teeth and hair, making their bed and helping setup the table and cleaning up after each meal.

### **9:00am: 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 recommended experiences) our PE, YOGA videos)

### **10:00am Virtual Remote Learning with your teacher and friends!**

These zoom calls vary by school and class.

### **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...)**

Invite children to help with making lunch, they can create a special menu!

### **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/Board games**

This can be an excellent opportunity for the family to come together!

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

Encourage independence and autonomy.