

DAILY RHYTHM

SLOW MORNING

PLAY || SCREENTIME || BREAKFAST || CHORES || MOM WORK

MORNING TIME/FAMILY MEETING

BIBLE || MUSIC || NATURE || ART || PICTURE BOOKS

MORNING LEARNING TIME

CORE SUBJECTS || EDUCATIONAL TOYS || SNACK

OUTDOORS/ FREE PLAY

GO OUTSIDE || EXERCISE VIDEO || FREE PLAY || MAKE LUNCH

LUNCH

AFTERNOON LEARNING TIME

CRAFTS || AUDIOBOOKS || GAMES || PUZZLES || ONLINE LESSONS

AFTERNOON SCREEN TIME

VIDEOS || APPS || REST TIME || MOM WORK

EVENING FREE TIME

INDEPENDENT PLAY || READING || CHORES || MAKE DINNER

DINNER & BEDTIME ROUTINE