

# Westlake City Schools

## Daily Routine Suggestions

Before 9:00 a.m.

RISE & SHINE, DEMONS!

- Wake up and get dressed
- Eat breakfast
- Clean up after breakfast and tidy up your space

9:00 to 10:00 a.m

GET CREATIVE

- Create, design and/or make something awesome with materials around your house (art and craft supplies, LEGOs, magnetic tiles, cook or bake something delicious)

10:00 to 11:00 a.m.

BUILD THAT BRAINPOWER

- Wash your hands
- Do 2-3 learning activities
- Read to learn

11:00 a.m. to 12:00 p.m.

GET ACTIVE

- Play outside, walk, run, or ride a bike
- Stuck inside? Follow along with GoNoodle or PBS Kids in Motion dance or fitness videos, do indoor stretching exercises, have a dance party

12:00 to 1:00 p.m.

ENJOY LUNCH & HELP AROUND HOME

- Wash your hands
- Help get lunch ready
- Eat lunch
- Clean up after lunch and tidy up space (wipe down surfaces you've used - like the table, chairs and desk)

1:00 to 2:00 p.m.

RELAX & REST

- Read for enjoyment
- Do quiet activity or puzzle
- Write letters to friends and family
- Rest or nap

2:00 to 3:00 p.m.

BUILD THAT BRAINPOWER

- Do 2-3 learning activities
- Read to learn
- Play online educational apps and games
- Watch educational videos

3:00 to 4:00 p.m.

GET ACTIVE

- Same as above- play outside if possible

4:00 p.m. & after

ENJOY DINNER & FAMILY TIME UNTIL BEDTIME

- Wash your hands
- Help get dinner ready and set the table
- Eat dinner
- Clean up after dinner and tidy up space
- Play card or board games, have movie night, help around the house
- Take shower and head to bed

