




Our Daily Schedule

Time	Activity	Completed
Before 8:30 AM	Morning Wake-Up Routine	<input type="checkbox"/>
8:45	Mental Health Exercise*	<input type="checkbox"/>
9:00	Learning Time	<input type="checkbox"/>
10:00	Creative Time	<input type="checkbox"/>
11:00	Physical Exercise	<input type="checkbox"/>
12:00	Lunch	<input type="checkbox"/>
1:00	Chores, Then Break	<input type="checkbox"/>
2:00	Learning Time	<input type="checkbox"/>
3:00	Creative Time	<input type="checkbox"/>
4:00	Physical Exercise	<input type="checkbox"/>
5:00	Dinner	<input type="checkbox"/>
6:00	Free Time	<input type="checkbox"/>
Evening	Mental Health Exercise	<input type="checkbox"/>
Evening	Regular Nighttime Routine	<input type="checkbox"/>

*To exercise and strengthen your mental health,
practice a deep breathing, gratitude, or mindfulness exercise*





Our Daily Schedule

Time	Activity	Completed
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
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		<input type="checkbox"/>
		<input type="checkbox"/>

*To exercise and strengthen your mental health,
practice a deep breathing, gratitude, or mindfulness exercise*





Our Daily Schedule

Example for younger students

Time	Activity/Plan	Completed
Regular Wake-Up Routine		<input type="checkbox"/>
Morning Check-In Review the schedule Mental Health Exercise		<input type="checkbox"/>
Morning Learning Activity		<input type="checkbox"/>
Break Time/ Outside Time		<input type="checkbox"/>
Lunch Time		<input type="checkbox"/>
Afternoon Learning Activity		<input type="checkbox"/>
Break Time/ Outside Time		<input type="checkbox"/>
Dinner		<input type="checkbox"/>
Free Time		<input type="checkbox"/>
Reflection Time Preview tomorrow's schedule Mental Health Exercise		<input type="checkbox"/>
Regular Bedtime Routine		<input type="checkbox"/>

*To exercise and strengthen your mental health, practice asking yourself,
"How do I feel right now? What am I thinking about?"*

You can also practice a deep breathing, gratitude, or mindfulness exercise.






Our Daily Schedule

Example for younger students

Time	Activity/Plan	Completed
Regular Wake-Up Routine		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
Regular Nighttime Routine		<input type="checkbox"/>

*To exercise and strengthen your mental health, practice asking yourself,
“How do I feel right now? What am I thinking about?”
You can also practice a deep breathing, gratitude, or mindfulness exercise.*



Daily Schedule

Example for older students

Time	Activity	Completed
Before 8:30 AM	Regular Morning Routine	
8:45	Mental Health Exercise*	<input type="checkbox"/>
9:00	English	<input type="checkbox"/>
10:00	Math	<input type="checkbox"/>
11:00	Physical Exercise/ Spend time outside	<input type="checkbox"/>
12:00	Lunch & Break	<input type="checkbox"/>
1:00	Science/Social Studies	<input type="checkbox"/>
2:00	Art/Music/Hobby	<input type="checkbox"/>
3:00	Physical Exercise/ Spend time outside	<input type="checkbox"/>
4:00	Meaningful Social Connection (e.g., phone calls, FaceTime)	<input type="checkbox"/>
5:00	Dinner	<input type="checkbox"/>
6:00	Free Time	<input type="checkbox"/>
Evening	Mental Health Exercise	<input type="checkbox"/>
Evening	Regular Nighttime Routine	

*To exercise and strengthen your mental health,
practice a deep breathing, gratitude, or mindfulness exercise*

*To promote meaningful and fulfilling social connections, engage in conversations or games with those in the home.
Encourage phone calls or virtual face-to-face conversations with the family and friends who are outside the home.*

Daily Schedule

Example for older students

Time	Activity	Completed
Before 8:30 AM	Regular Morning Routine	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
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		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
	Regular Nighttime Routine	

*To exercise and strengthen your mental health,
practice a deep breathing, gratitude, or mindfulness exercise*

*To promote meaningful and fulfilling social connections, engage in conversations or games with those in the home.
Encourage phone calls or virtual face-to-face conversations with the family and friends who are outside the home.*