

# daily routines

## ELEMENTARY AGE KIDS

- 7:00 Wake up / make beds & make breakfast
- 8:00 Breakfast time / clean up dishes
- 8:30 Screen time /Video Games
- 9:00 Free Play
- 9:30 Reading Time
- 10:30 Snack (have kids make their own snack)
- 10:45 Outside play (Raining? Westcoast Recess!)
- 11:30 Table Activity (Puzzle; Lego)

- 12:00 Lunch time
- 12:30 Clean up dishes
- 1:00 Quick home tidy - have kids do a 30 min clean up of all the morning activities
- 1:30 **QUIET TIME**

- 3:00 Snack Time
- 3:15 Free Play
- 3:45 Outside play /outdoor activity (or screen time is an option if weather is bad)
- 4:30 Freeplay (until dinner; or help with dinner prep). Have the kids help make dessert!
- 5:30 Dinner & Devotion time

### CHALLENGE

Give older kids challenges

Instead of building Lego, have them do a 'Lego Challenge'. Build a ship, a city, a police station.

Read a Bible Story. Then have them collect items for a 'story box' from outside and around the house and retell the story at dinner time.

### table stuff

Have a puzzle out that they work on little bits at a time

### A NOTE ON SCREEN TIME

Screen time should be routine, and it should be limited. If you choose to use screen time, make sure that you are consistent on start and end times. Screen time is a great reward /consequence option as well.

## Remember...

This schedule will not be perfect, and each family will need to adjust as needed. Have lots of grace for yourself, our kids and your circumstances. The prayer is that this is temporary, and a 'new' normal amidst a time where circumstances change daily. You got this!