



# DAILY RHYTHM

## GRADES STUDENTS

<b>BEFORE 9 AM</b>	<b>WAKE UP, GET DRESSED</b>
<b>9 - 9:30 AM</b>	<b>BREAKFAST</b>
<b>9:30 - 10 AM</b>	<b>OUTDOOR ACTIVITY (MORNING WALK, TAKE CARE OF ANIMALS, ETC)</b>
<b>10 - NOON</b>	<b>ACADEMIC TIME WITH SNACK BREAK</b>
<b>12 - 1:00 PM</b>	<b>LUNCH</b>
<b>1 - 2:30 PM</b>	<b>CREATIVE TIME (DRAWING, CRAFTS, BAKING, LEGOS, ETC.)</b>
<b>2:30 - 4 PM</b>	<b>CHORES AND OUTDOOR ACTIVITY (BIKE RIDE, WALK, SCOOTER, JUMP ROPE, ETC.)</b>
<b>4 - 5 PM</b>	<b>QUIET TIME (READING, BOARD GAME, PUZZLE, ETC.)</b>
<b>5 - 6 PM</b>	<b>DINNER</b>
<b>6-7 OR 8 PM</b>	<b>CREATIVE OR QUIET TIME</b>
<b>7 - 9 PM</b>	<b>BEDTIME</b>