

Daily SCHEDULE

8:00

9:00

10:00

11:00

12:00

1:00

2:00

3:00

4:00

5:00

6:00

7:00

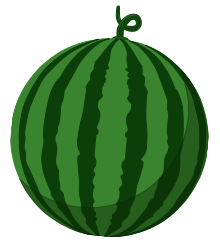
8:00

9:00





SAMPLE



Daily SCHEDULE

Ages 1-2

7:30 Wake up

8:00 Breakfast/Get Ready/Morning Chore (age permitting)

9:00 Outside Time/Activity with mom

10:00-11:30/12:00 Morning Nap

11:30-12:00 Lunch

12:30 Outing/Activity

1:00 Snack/Activity/Reading/Educational

1:30-3:30 Afternoon nap

3:00-4:00 T.V. Time/electronic Time

4:00 Snack/TV Time

5:00 Dinner

6:00 Free Play/Summer Activity

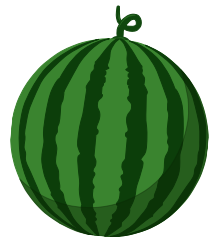
7:00 Evening Chore/Clean up/Bedtime routine/bath time

7:30-8:00 Bedtime

9:00 In bed



SAMPLE



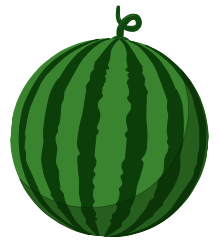
Daily SCHEDULE

Ages 3-4

7:30	Wake up
8:00	Breakfast/Get Ready/Morning Chore
9:00	Outside Time/Activity with mom/Summer outing
10:00	T.V. Time/electronic Time/snack
11:00	Outing/Activity
12:00	Lunch
1:00	Snack/Activity/Reading/Educational
2:00	Nap/Quiet Time
3:00	Nap/Quiet Time
4:00	Snack/TV Time
5:00	Dinner
6:00	Free Play/Summer Activity
7:00	Evening Chore/Clean up/Bedtime routine/bath time
8:00	Bedtime
9:00	In bed



SAMPLE



Daily SCHEDULE

Ages 5-10

7:30 Wake up

8:00 Breakfast/Get Ready/Morning Chore

9:00 Outside Time/Activity with mom

10:00 Electronic Time/TV Time

11:00 Snack/Activity/Reading/Educational

12:00 Lunch

1:00 Summer Outing/ Summer Activity

2:00 Outing/Activity

3:00 Quiet Time/Down Time/Reading Time

4:00 Snack/TV Time

5:00 Dinner

6:00 Evening Chore/Clean up

7:00 Free Play/Summer Activity

8:00 TV Time/Snack/Dessert

9:00 Bedtime

Weekly ACTIVITIES



Make it Monday

- CRAFT
- BAKE A TREAT
- SEW SOMETHING
- BUILD SOMETHING OUT OF LEGOS OR WOOD
- MAKE A VIDEO
- DRAW

Trip Tuesday

- BEACH
- ZOO
- MUSEUM
- WATERPARK
- LIBRARY
- PARK
- MOVIES
- STORE
- MALL
- U PICK FARM
- FARMER'S MARKET
- OUT TO EAT
- JUMPING GYM
- REC CENTER

Water Wednesday

- WATER BALLOONS
- SPRINKLER
- POOL
- WATER PARK
- WATER GUNS
- BEACH
- SLIP N SLIDE
- BOATING

Thinking or Thoughtful Thursday

- READ A BOOK
- LIBRARY
- LEARNING GAME
- SET GOALS
- SCIENCE EXPERIMENT
- SUMMER HOMEWORK
- WRITE
- SEND A LETTER
- HELP A FRIEND

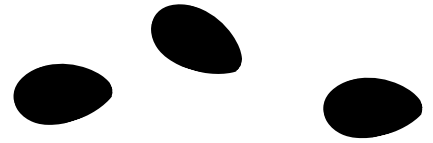
Foodie Friday

- GO OUT FOR LUNCH
- GO OUT FOR DINNER
- GET DESSERT
- MAKE A FUN TREAT AT HOME
- GET SHAVED ICE
- FAMILY DATE NIGHT

Super Saturday

- CAMPING TRIPS
- FAMILY OUTINGS
- BIKE RIDES
- FAMILY GAME NIGHT
- FAMILY MOVIE NIGHT
- FRIENDS OVER
- FRIEND'S BBQ

CHORE IDEAS BY AGE



Here are some chore ideas you can plug into your chore charts/daily schedule by age. This is geared for 3-11 year olds.

1-2 Year Old Chore Ideas

- Pick up toys
- Help mom with a chore
- Pick out clothes
- Wash hands
- Eat meals
- Brush teeth
- Put dirty clothes away
- Help clean up messes

3-4 Year Old Chore Ideas

- Make bed
- Pick up toys
- Feed pets
- Water plants
- Put away clothes
- Help set or clear table
- Wipe down furniture
- Get dressed on their own
- Help dust

5-7 Year Old Chore Ideas

Everything listed above and...

- Help with dishes
- Take out trash
- Help with laundry
- Vacuum
- Help unload dishwasher
- Help make dinner
- Clean room

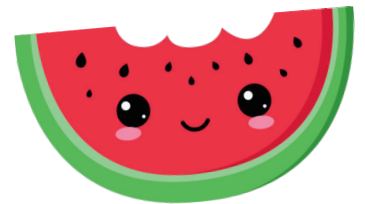
- Set and clear table
- Pick up around the house
- Help with yard work
- Put away groceries
- Wipe down baseboards or cabinets
- Get the mail
- Make breakfast
- Dust

8-11 Year Old Chore Ideas

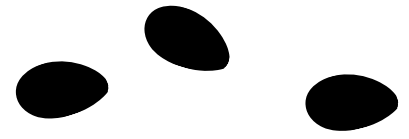
Everything listed above and...

- Sweep
- Load and unload dishwasher
- Do own laundry
- Clean out and wash car
- Wipe down windows
- Clean bathrooms
 - Mirror
 - Toilet
 - Counter
 - Bathtub

- Take care of pets
- Clean kitchen
 - Wipe Counters
 - Sweep floor
 - Wash dishes
 - Put away dishes
- Organize
- Prepare lunch or snacks
- Help with younger siblings
- Do yard work- Weed, pick up yard
- Mop floors



SUMMER ROUTINE IDEAS

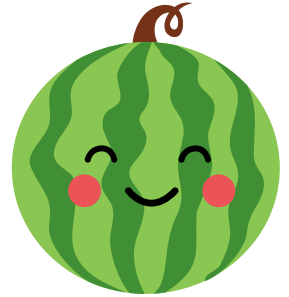


You can use this as an idea bank to plug into your kid's daily schedule.

Morning Ideas

- Brush Teeth
- Eat breakfast
- Get dressed
- Brush Hair
- Make bed
- Read for 10 minutes
- Play outside for 30 minutes
- Say prayers
- Go Potty
- Morning Chores
- Wash face

- Screen time
- Nap time
- Family time
- Playdate
- Scripture study
- Summer activity
- Free time
- Summer outing
- Errands
- Service



Bedtime Ideas

- Read for 15 minutes
- Say prayers
- Tidy up room
- Go potty
- Eat Dinner
- Brush Teeth
- Put on Pajamas
- Take a bath
- Write in Journal
- Give hugs
- Bedtime chore
- Clean up after dinner

Themed Routines

One idea would be to have a routine based on what day it is as follows:

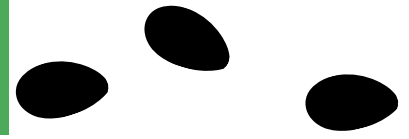
- Make it Monday: Do a craft, sew, bake, or cook.
- Thinking Tuesday: Do something educational
- Water Wednesday: Do something outside and with water.
- Trip Thursday: Do a fun outing activity together.
- Fun Friday: Do something special together or with friends
- Selfless Saturday: Do something for someone else.
- Spiritual Sunday: Work on spirituality.

Other Daily Ideas

- Educational worksheet
- Sunscreen
- Independent Play
- Quiet time
- Mom and me time or Daddy and me time



SUMMER ACTIVITY IDEAS



Ideas to plug into your daily schedule when it's activity time. You can look up any of these ideas online if you need more instruction.

No prep activities

- Nature Hunt
- play with ice
- Dance Party
- Roll down a hill
- Color Scavenger Hunt
- Play with Play Doh
- Family Movie Night
- Red Light, Green Light
- Star Gazing
- Fly a Kite
- Duck, Duck, Goose
- Hide and Seek
- Bird Watching
- I Spy
- Visit a Farmer's Market
- Go for a Drive
- Cloud Watching
- Play in the rain
- Play in the sprinkler
- play in the mud
- Pillow fight
- yoga

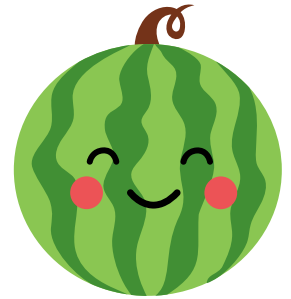
Prep Time 0-5 Minutes

- Family bike ride
- Family game night
- Nature bracelet
- Trace shadows
- Dice Activity game
- Paper airplanes
- Make a paper boat
- Q-tip painting
- Shaving Cream fun
- Skittles Science Experiment
- Sidewalk Paint
- Window painting
- Rock Painting
- Homemade Silly Putty
- Ice Cream in a bag
- Balloon Rockets
- Flashlight scavenger hunt
- Capture the flag
- Flashlight tag
- fashion show
- sack race
- draw a self portrait

- Bubble foam
- Birdfeeder ornament
- Make kool-aid/fancy drinks
- Bug catcher
- paint outside

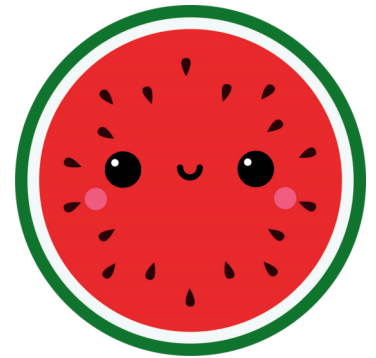
Prep time 5-7 minutes

- Watermelon Shapes
- Water gun fight
- Sidewalk chalk
- Homemade bubbles
- Leaf rubbing
- Cornhole
- Catch fireflies



Prep Time 5-10 Minutes

- Walking water experiment
- 3-ingredient banana bread
- penny tap shoes
- Make S'mores Dip
- House skating
- giant tic tac toe
- rainbow craft
- balloon fun
- Obstacle course
- build a fort
- spring cleaning
- squirt gun painting
- water day
- hike
- S'mores
- wash the car
- Fishing



Prep Time 10-20 Minutes

- Glow in the dark ring toss
- Make popsicles
- Camp outside
- Picnic
- Tea party
- Tie dye shirts
- Start a garden
- Create a fairy garden
- make a sandbox
- Outdoor Olympics
- Playdate

