

Suggested DailySchedule for Pk-4 Grade Students

8am:
Breakfast

9am-11am:
Academic Time with Breaks

11am-12pm:
Lunch

12pm-2pm:
Creative Time: Take this time to play, move and explore!
Some examples: go for a hike, take a nature walk, play outside, paint, family time, play your instrument, bake with an adult, legos.

2pm-3pm: Brain Break/Rest Time

Nightly Reading: Don't forget to read with your children at bedtime.

