

# Daily schedule

7am-wake up

8am-me time/ mindfulness

8:30-11:30am-School work

12-1pm-Lunchtime

1:30-2:00pm-Go outside/ Quiet Time

1:30-2:30pm-Move Your body!!

2:30-3:00 SNACK Time

2:30-3:00pm-Hobbies

3:00-4:00pm-CHORES

4:00pm-6:00pm-FUN activity

6:00-7pm-DINNER

9-10pm-Wind down from your day