

Weekly Schedule

FOR QUARANTINE WITH A TODDLER

MORNING ROUTINE

7:30 am	Wakeup
7:45 am	Milk/Cheerios
8:00 am	TV Time
9:00 am	Breakfast
9:30 am	Independent Play
10:00 am	Learning Activity
10:30 am	Exercise
11:00 am	Indoor Play

AFTERNOON ROUTINE

12:00 pm	Lunch
12:30 pm	Arts & Crafts
1:00 pm	Nap Time
3:00 pm	Snack Time
3:30 pm	Outside Activity
5:00 pm	Music Time
5:30 pm	Independent Play

EVENING ROUTINE

6:00 pm	Family Walk
6:30 pm	Dinner
7:00 pm	Independent Play
7:30 pm	TV Time/Milk
8:00 pm	Bath Time
8:30 pm	Story/Bed Time

LEARNING ACTIVITIES

- SHAPE SORTERS
- PUZZLES
- SENSORY BINS
- KINEDU APP

EXERCISES

- MOMMY & ME WORKOUTS
- ZUMBINI
- BABY YOGA

ARTS & CRAFTS

- COLORING
- PAINTING - PAPER/DECOR
- PLAY DOH

OUTSIDE ACTIVITIES

- SWIMMING
- WATER TABLE
- WALKING/BIKE
- SLIDE/SWINGS

MUSIC TIME

- SIMPLE SONGS
- DRUMS/OTHER INSTRUMENTS
- DANCING

MON LAUNDRY / WIPE TOYS

TUES FLOORS / WINDOWS

WED WRITING / PROJECTS

THUR LAUNDRY / KIT. / BATH

FRI WRITING / PROJECTS

Create your own! Weekly Schedule

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7:30 am _____
8:00 am _____
9:00 am _____
9:30 am _____
10:00 am _____
10:30 am _____
11:00 am _____
11:30 am _____

AFTERNOON ROUTINE

12:00 pm _____
12:30 pm _____
1:00 pm _____
1:30 pm _____
2:00 pm _____
2:30 pm _____
3:00 pm _____
3:30 pm _____
5:00 pm _____
5:30 pm _____

EVENING ROUTINE

6:00 pm _____
6:30 pm _____
7:00 pm _____
7:30 pm _____
8:00 pm _____
8:30 pm _____

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INSTRUMENTS
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MON

TUES

WED

THUR

FRI