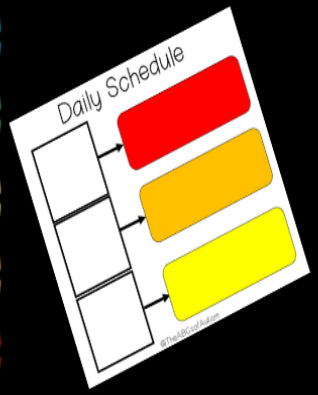
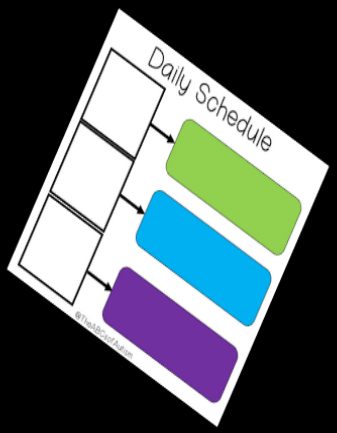
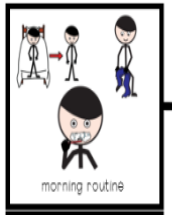


DAILY SCHEDULE

DISTANCE/AT HOME LEARNING

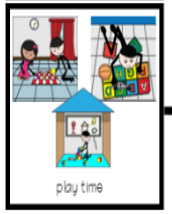


Daily Schedule



Wake up, bathroom, brush teeth, wash face, get dressed, make bed

Eat breakfast and clean up



Play time- no electronics, play with toys, games, dramatic play, cars, blocks, build, etc.

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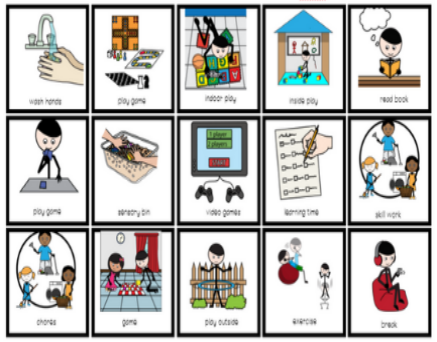
Schedule Cards for Visual Schedules- cut out and use velcro/magnet on back



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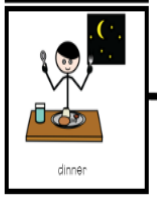
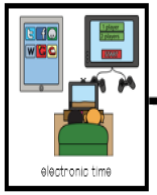
Daily Schedule

Practice life skills/chores such as laundry, mopping, cleaning the room, making a snack



Dinner and clean up



Electronic time

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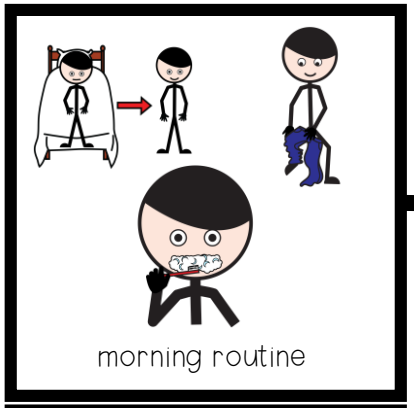
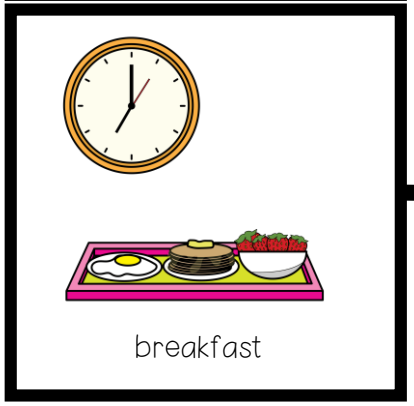
Daily Schedule



Wake up, bathroom, brush teeth, wash face, get dressed, make bed



Eat breakfast and clean up

Play time- no electronics, play with toys, games, dramatic play, cars, blocks, build, etc.

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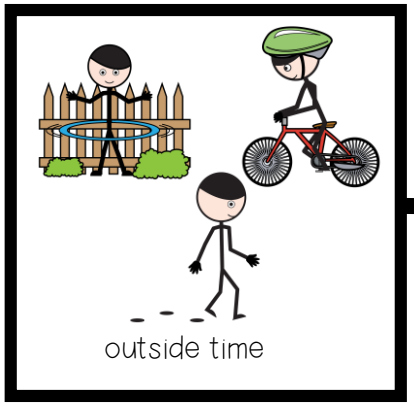
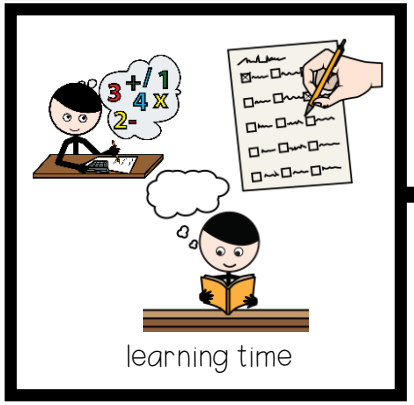
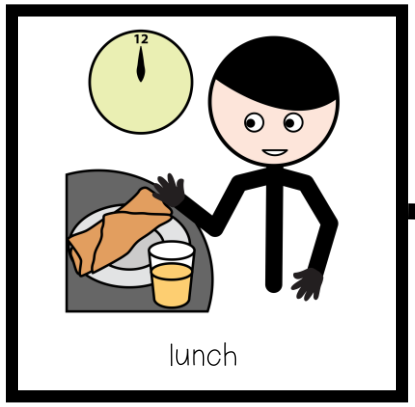
Daily Schedule



Choose an outside activity: ride a bike/scooter, go for a walk, walk the dog, play outside, jump rope etc.



Learning time: flash cards, worksheets, reading, packets from teachers, writing etc.



Lunch time and clean up

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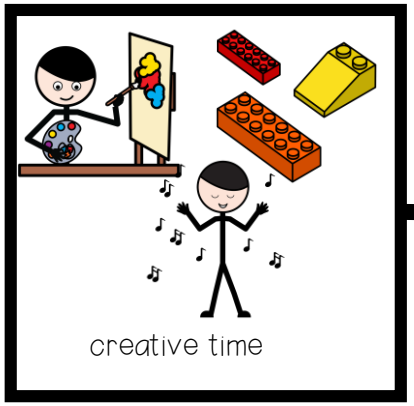
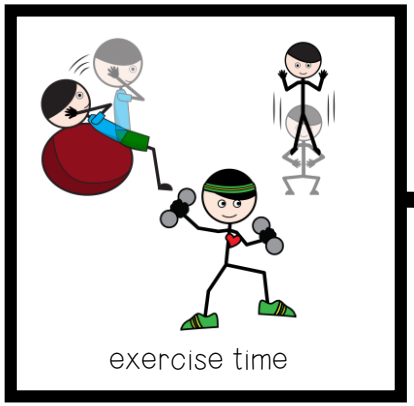
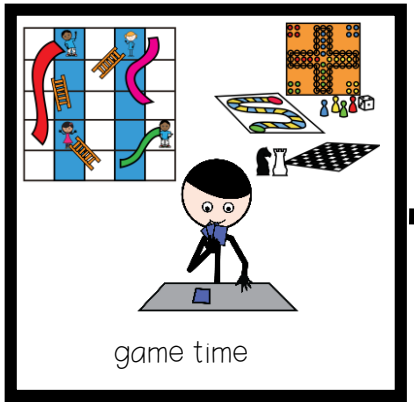
Daily Schedule



Creative time- build with blocks/legos, creat artwork by drawing, painting, sculpting etc., or sing/play music/dance



Exercise time- jumping jacks, run in place, jump on trampoline, sit ups and push ups etc.



Game time- pick a board game, card game, matching game et. To play with each other to practice turn taking and social skills

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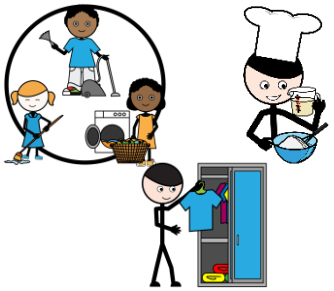
Daily Schedule

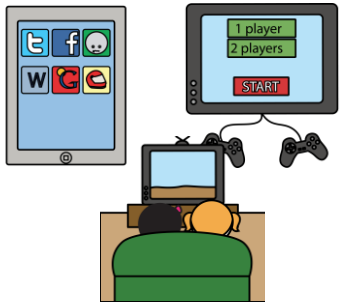


skill time

Practice life skills/chores such as laundry, mopping, cleaning the room, making a snack

dinner

Dinner and clean up



electronic time

Electronic time

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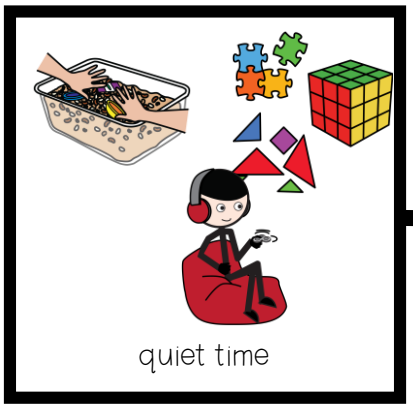
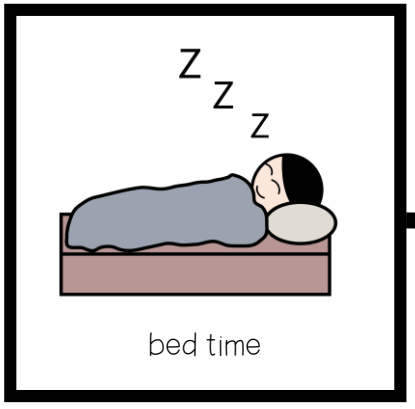
Daily Schedule



Quiet time: sensory bin, puzzle, comfy chair, alone time

Night routine: shower or bath, brush your teeth, get into your pajamas, use the toilet etc.



Bed time: go to sleep

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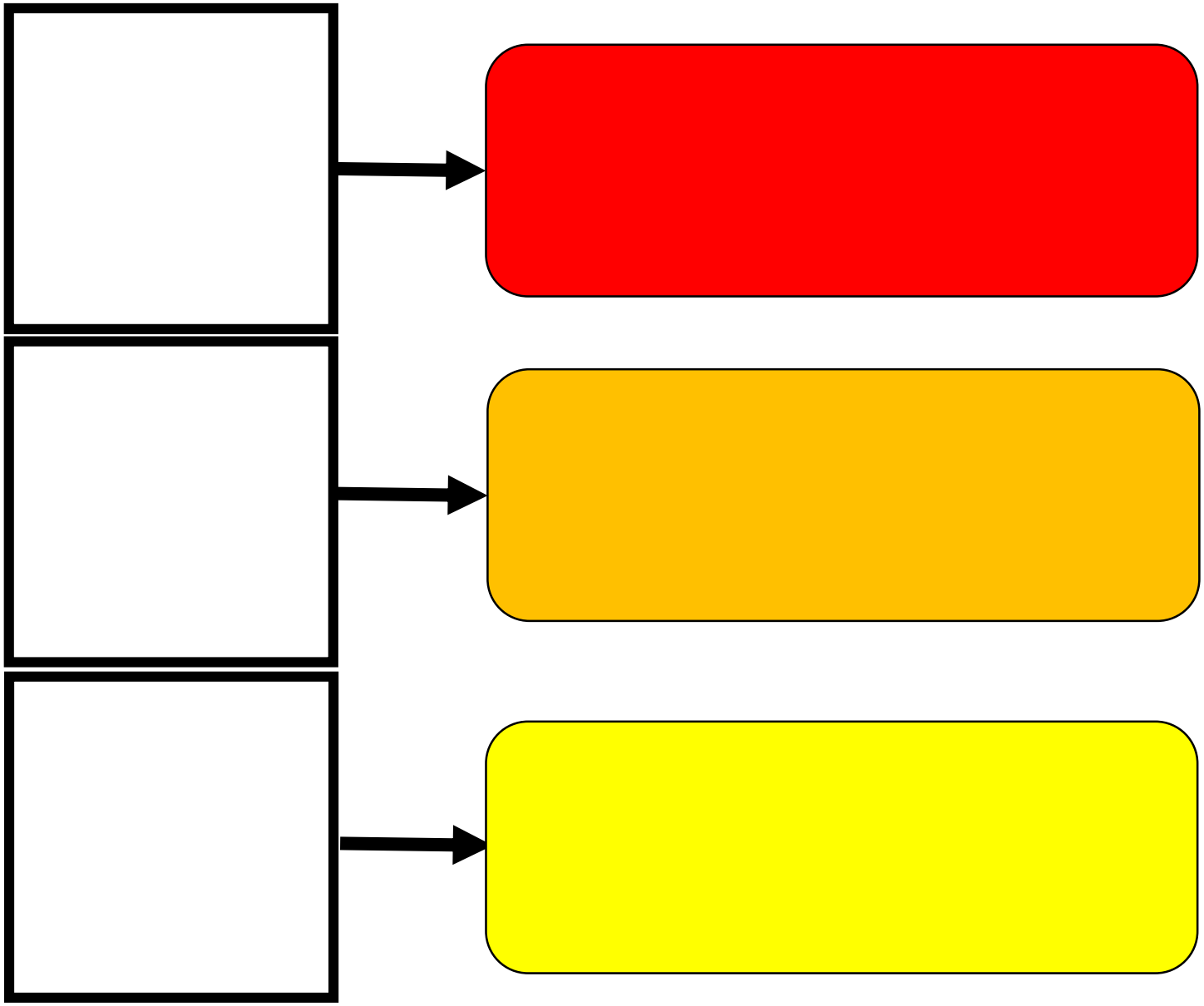
Daily Schedule



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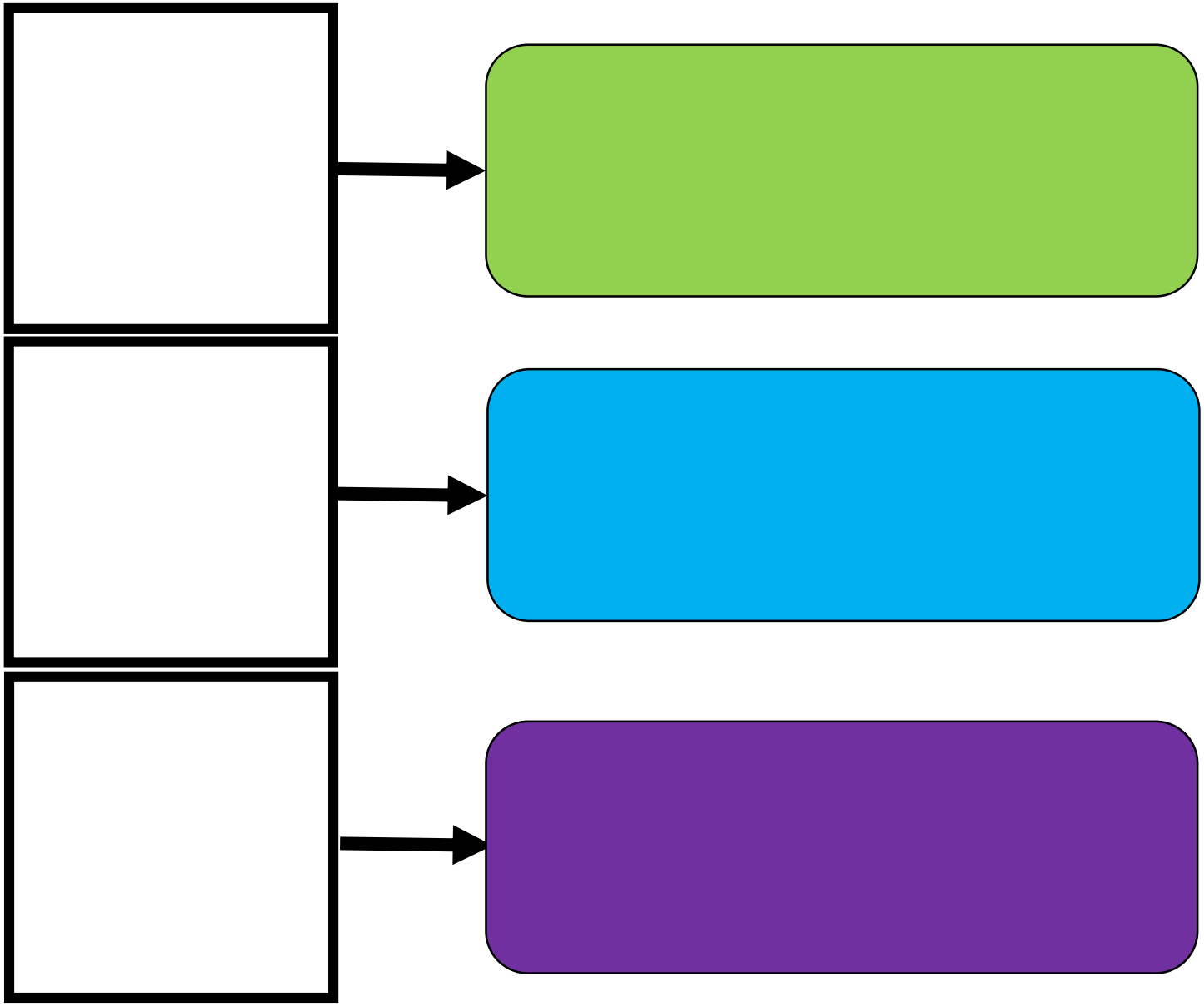
Daily Schedule



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Schedule Cards for Visual Schedules- cut out and use velcro/magnet on back

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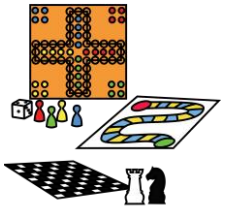
Schedule Cards for Visual Schedules- cut out and use velcro/magnet on back

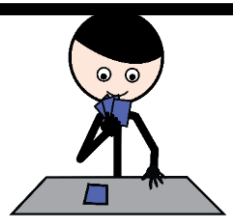
wash hands


play game

indoor play

inside play

read book


play game

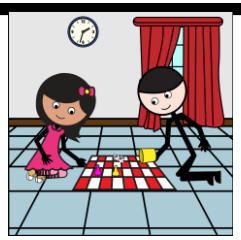
sensory bin

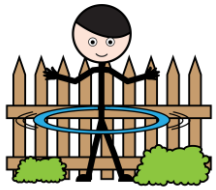
video games

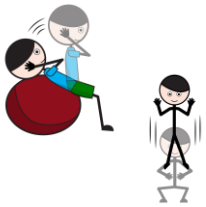
learning time

skill work

chores


game


play outside


exercise

break

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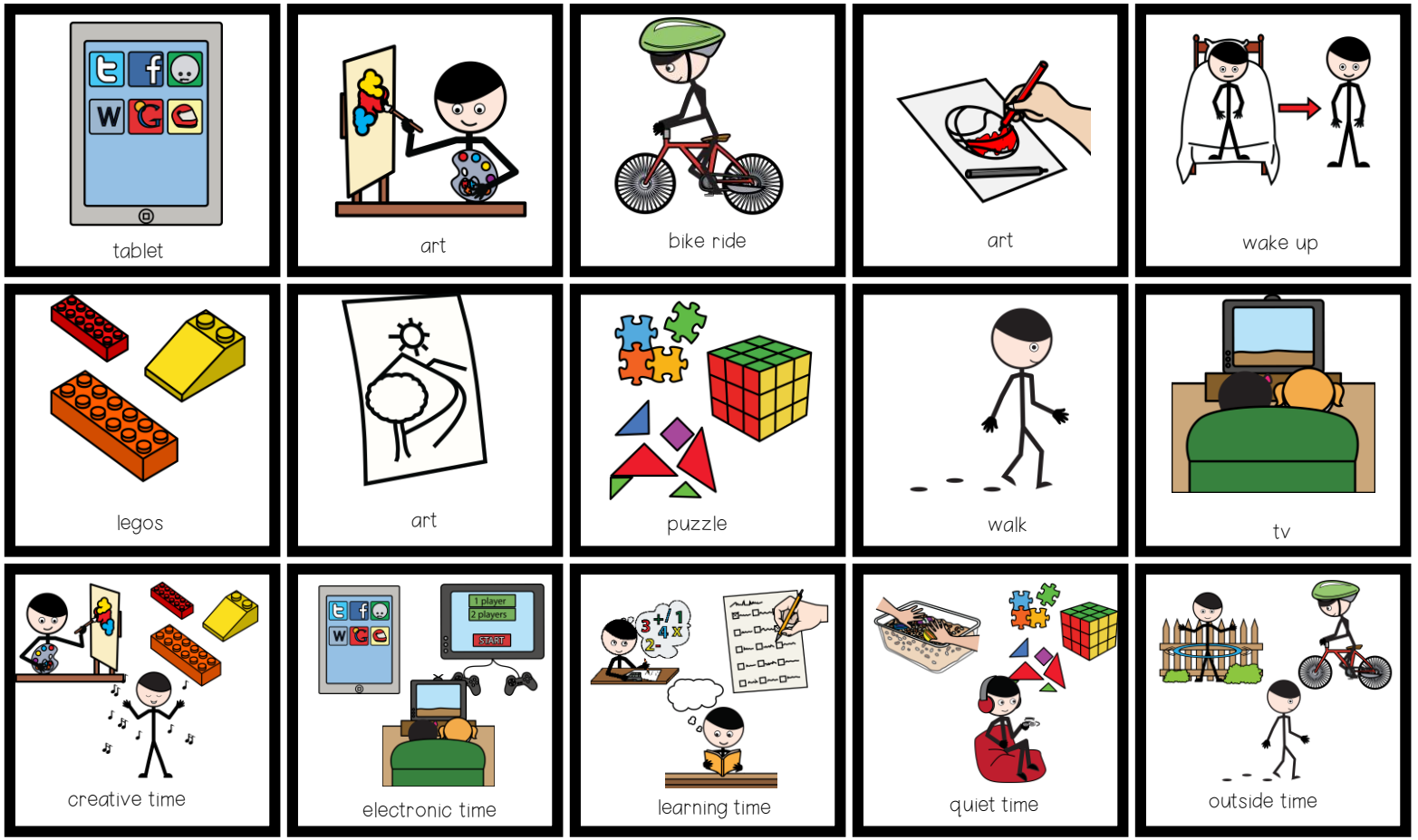

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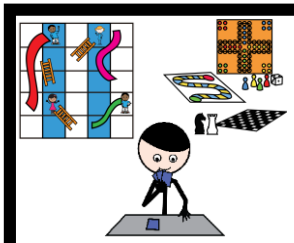
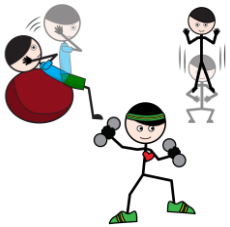
Schedule Cards for Visual Schedules- cut out and use velcro/magnet on back



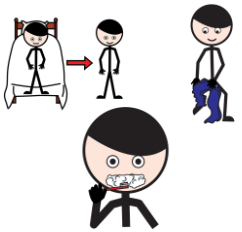
game time

play time



exercise time

skill time



morning routine

night routine

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