



8:30 Eat breakfast, get dressed



9:00 Empty dishwasher, pick up, help with laundry, check with mom



9:30 SCREEN TIME



10:00 Play outside, work on a project, play a game



12:00 Lunch



1:00 Go on an outing



4:00 Practice, read, quiet time



5:00 Help cook dinner, set the table



7:00 Watch TV



8:00 Take a bath



9:00 Read a book



9:30 Lights out!