



# MY MORNING SCHEDULE

Wake up-Lunch

7AM: WAKE UP



7:30AM: GET DRESSED



8AM: EAT BREAKFAST



8:30AM: INDOOR PLAY



10AM: ACADEMICS



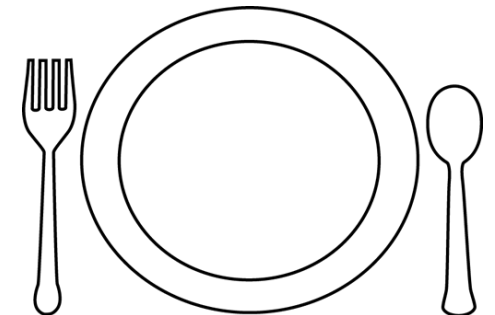
11AM: PLAY OUTSIDE



12PM: CHECK IN WITH  
CLASS/TEACHER



12:30 PM: EAT LUNCH





# MY MORNING SCHEDULE

Wake up-Lunch

AM:

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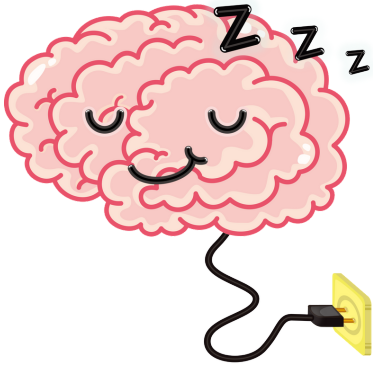
PM:



# MY AFTERNOON SCHEDULE

Lunch-Bedtime

1PM: RECHARGE/QUIET TIME



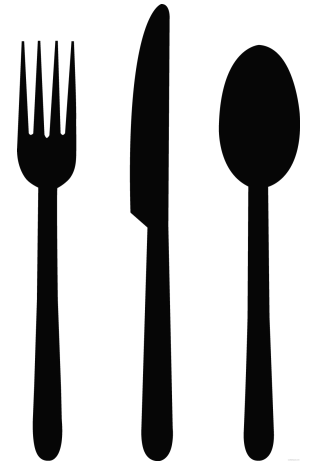
2PM: EXERCISE/MOVE BODY



4PM: FREE SCREEN TIME



5:30PM: EAT DINNER



6:30PM:  
BATH/SHOWER



7PM: GET READY FOR  
BED (TEETH/PJS)



7:30PM: QUIET TIME



8PM: GO TO SLEEP





# MY AFTERNOON SCHEDULE

Lunch-Bedtime

PM:

PM:

PM:

PM:

PM:

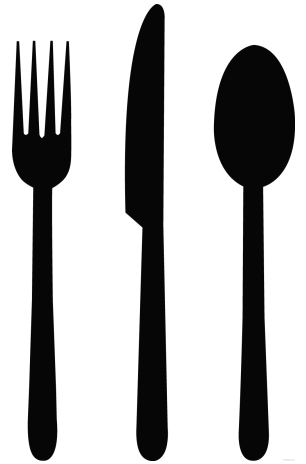
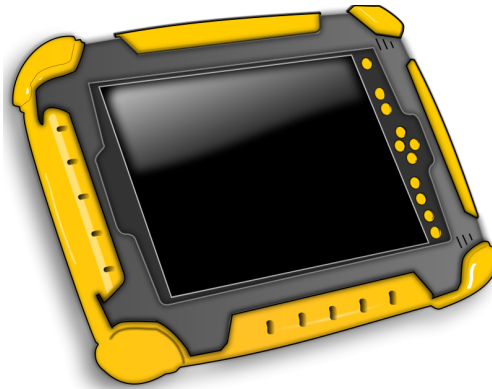
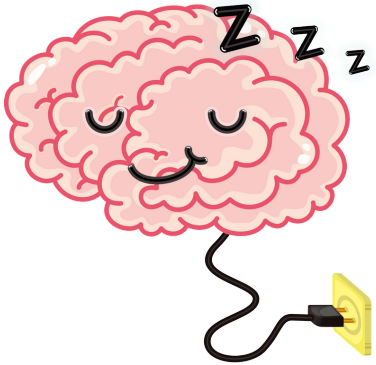
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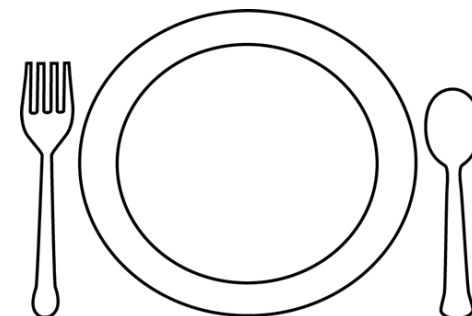


# VISUAL ICONS





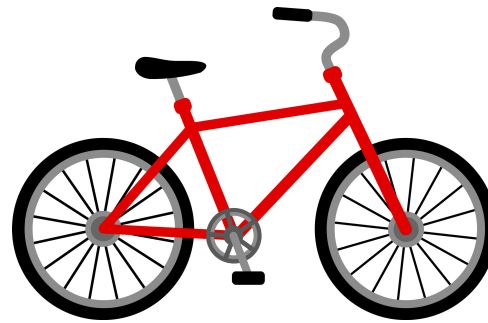
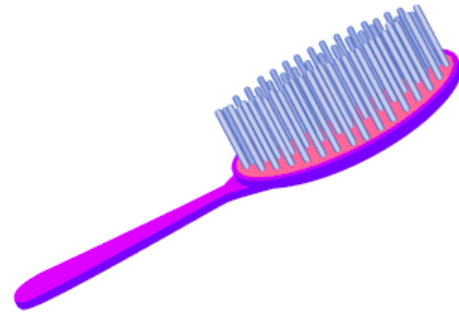
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