

Block Schedule Idea For Kids

Time	Activity	Examples
7:30-8:30	Morning Routine	Breakfast, TV shows, brush teeth + hair, and get dressed for the day
8:30-10:30	Instruction Time	If your school provided you with work, do that at this time if not look at the following ideas
	Reading	Story time, reading comprehension worksheets, read a story and ask your child questions, letter recognition +sight word work
	Craft	Simple craft activity themed for holidays is always fun, Play-Doh, stamps, paint etc.
	Math	Number play, counting, addition, number writing, skip counting, subtraction
10:30-11:00	Exercise	Go outside, play a relay race inside, do yoga, practice kicking, throwing, + locomotor movements
11:00-12:00	Break + Lunch	They can help you make lunch if they want to be involved in the kitchen!
12:00-1:00	Quiet Time	Play with their toys, draw, color, sensory + read
1:00-2:00	Science/ Social Studies	Simple science experiments, watch animal documentary, do world puzzles, look at the globe
2:00-3:00	Clean-up + Snack Time	Kids help clean up from activities and help prepare snack