

SAMPLE SUMMER SCHEDULE

(FOR KIDS 3 – 5 YEARS OLD)

7 AM	WAKE UP, EAT BREAKFAST, GET DRESSED
8 AM	INDEPENDENT PLAY TIME
9 AM	ACTIVITY - READ, CRAFT, SENSORY PLAY. HAVE A SNACK
10 AM	GET OUTSIDE - PLAY OUTSIDE, GO TO THE PARK, POOL, GO FOR A WALK
11:30 AM	PACK UP AND HEAD HOME FOR LUNCH
12 PM	EAT LUNCH
1 PM	NAP TIME AND/OR QUIET TIME FOR KIDS WHO DON'T NAP
2 PM	NAP TIME AND/OR QUIET TIME
3 PM	WAKE UP, SNACK, PLAY OUTSIDE
4 PM	INDEPENDENT PLAY TIME
5 PM	DINNER TIME & FAMILY TIME
6 PM	FAMILY TIME & UNWIND
7 PM	BATH TIME, GET READY FOR BED, LIGHTS OUT

SAMPLE SUMMER SCHEDULE (FOR KIDS 6 – 8 YEARS OLD)

7 AM	WAKE UP, EAT BREAKFAST, GET DRESSED
8 AM	CHORES AND HELP AROUND THE HOUSE
9 AM	INDEPENDENT PLAY TIME
10 AM	GET OUTSIDE - PLAY OUTSIDE, GO TO THE PARK, POOL, GO FOR A WALK
11 AM	GET OUTSIDE OR GO SOMEWHERE
12 PM	EAT LUNCH
1 PM	QUIET ACTIVITIES - READ, CRAFT, WORKSHEETS TO BRIDGE THE SUMMER
2 PM	INDEPENDENT PLAY TIME
3 PM	SNACK, GET OUTSIDE OR GO SOMEWHERE (POOL, PARK, AMUSEMENT)
4 PM	GET OUTSIDE OR GO SOMEWHERE (POOL, PARK, AMUSEMENT)
5 PM	DINNER TIME
6 PM	FAMILY TIME & UNWIND
7 PM	FAMILY TIME & UNWIND
8 PM	BATH / SHOWER, READ, GET READY FOR BED, LIGHTS OUT BETWEEN 8 - 9PM

WEEKLY FAMILY SCHEDULE

THIS WEEK'S TO DO LIST

	MORNING	AFTERNOON	EVENING	
M				
T				
W				
T				
F				
S				
S				