

Sample Routine **Please note the subject times might not work for your family so switch them around and tackle Math and Science in the morning for example**			
	Time	Type of Learning	Subject
Morning	9 to 10:30	Facilitated or Independent	Personal and Social Development, Music/Dance/Drama, Health – nutrition, Language Arts, Art
	10:30- 11:30	Independent Activity Exploration Time	In an area not far from your ear and eye awareness- choice of crafts/painting at an easel or building with Lego or other building blocks Art/Math/Language/Music/Science
Lunch	11:30 – 12:30	Your choice of directed or independent	Health – nutrition engage your child in making lunch- making of lunch, measuring, weighing, assembly, healthy choices OR provide your child with a packed lunch as they would get at school and use this time to let them watch a favourite education show and just relax on their own while you work on what you have to do
Afternoon	12:30- 2:00	Facilitated Time	Math, Science
	2:00-3:30	Independent Activity Exploration Time	In an area not far from your ear and eye awareness- choice of crafts/painting at an easel or building with Lego or other building blocks Art/Math/Language/Music/Science
	3:30- 4:30	Independent and/or facilitated	Outside play time with balls, skipping ropes, hula-hoops, sandbox, bikes, scooter. You can be supervising from a distance doing your work and/or direct a game or two
Evening	Half hour ish	Facilitated	Language Arts story time- read at least three stories at bedtime and engage your child in prediction, retell, explaining favorite part and why, inferring emotions in the story and explain why and can they relate and why

Using this format you would have to designate an hour and a half in the morning and afternoon to more intense 1:1 instruction with your child. Remember this is your routine and your home you can be flexible.