

Name

Sample Weekday Checklist (junior high – 7th& 8th)

- Breakfast and get dressed (30 min)
- Math (1 lesson – probably assigned by school. If not, they could do Khan Academy wherever they are in math.) (30 min-1 hr)
- Reading - at reading level. Mom assigns if school doesn't. (30 min – 1 hour)
- Chore (ex. Take out trash, rotate laundry) (10 min)
- Schoolwork - If nothing is assigned, have them write 5 sentences about what they just read. Praise this and point out 1 thing to work on for next time. (30 min)
- Outside or area of interest- study area of their choice or help out around house (30 min) Or Outside time – ex. Draw in nature journal, garden, ride bike, etc.

{Lunch/Recess/Break 12-1. Outside if possible.}

- Rest Time (First finish up any assigned school. Then can listen to audiobook & draw, do a craft, read for fun, etc. in room. 1 hour)
- FREE TIME !!! – phone, screens (1 hour)
- Watch sibling (outside if possible) or help make dinner – (1 hour)

FREE TIME!!! – outside, craft, learn a new skill, help cook, etc.

Bedtime – listen to family book or read own book

Underlined portions count as school.

Modify this list to fit your family's and child's needs.

