

# Name

## Sample Weekday Checklist (lower elementary – 1<sup>st</sup>-3<sup>rd</sup>)

- Snuggle and read picture books with parent (30 min)
- Breakfast and get dressed (30 min)
- Math (1 lesson – probably assigned by school. If not, I recommend the free Xtramath website to learn math facts. This will help them greatly.) (15-30 min)
- Chore (ex. Empty dishwasher, wipe off kitchen counters) (10 min)
- Schoolwork (if assigned by school) or Reading – at reading level, out loud to parent (30 min)
- Play with younger sibling (30 min)

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

- Rest Time (Listen to audiobook & play Legos, color, etc. in room. 1 hr)
- Sibling or family playtime – (1-2 hours, outside if possible ex. Bike ride, garden, ball games, nature drawing or observation, etc.)
- Could do TV time or independent play time here if parent needs to work – (1 hour)*

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

Bedtime – parent reads aloud before bed (30 min) – a book above their reading level but not their comprehension level is great. Ex. Little House books

Underlined portions count as school.

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

