Name

Sample Weekday Checklist (preschooler – age 2-5)

- ☐ Snuggle and read with parent (30 min)
- ☐ Breakfast and get dressed (with help) (30 min)
- ☐ Independent Playtime (in pack-n-play, on blanket, or in room depending on age) (30 min, start with 5 minutes if this idea is new)
- ☐ Playtime with older sibling (30 min)
- ☐ Older sibling reads to you (30 min)
- ☐ Chore (ex. Pick up toys, match socks, put away silverware) (15 min)
- ☐ Schoolwork - for 4/5 year olds) If nothing is assigned, you could read to them OR if they want to "do school," they could do a page out of a little workbook like this math one. (parent or sibling helps – 30 min)

{Lunch/Recess/Break 12-1}

- ☐ Nap or rest (with CD) (1-2 hours)
- ☐ Snack & Read/play with older siblings – (30 min)
- ☐ *Could do TV time or independent play time here if parent needs to work – (30 min – 1 hour)*

Bedtime - books before bed (20 min)

Underlined portions count as school. Modify this list to fit your family's and child's needs.

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