

Name

Sample Weekday Checklist (preschooler – age 2-5)

- Snuggle and read picture books with parent (30 min)
- Breakfast and get dressed (with help) (30 min)
- Game, coloring or reading (or schoolwork for 4/5 year olds if required)
You could read to them, play a game, 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) Kids this age also think helping a parent with just about any work around the house is fun.
- Chore (ex. Pick up toys, match socks, put away silverware) (15 min)
- Older sibling or parent reads to them (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 Outside -with older sibling (30 min) – ball, trampoline, etc.

{Lunch/Recess/Break 12-1}

- Nap or rest (with CD) (1-2 hours)
- Snack & Outside Time with older siblings or parent– (1-2 hours) – ride tricycle, climb trees, dig in dirt, sandbox, water play, chalk, etc.
- 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.

