

# Name

## Sample Weekday Checklist (upper elementary – 4<sup>th</sup>-6<sup>th</sup>)

- Snuggle and read (picture or chapter book) 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.) (30 min)
- Reading - at reading level. Mom assigns if school doesn't. (30 min)
- Chore (ex. Unload dishwasher, sweep kitchen) (10 min)
- Optional: Read to younger sibling (or a parent or dog) (15 min)
- Schoolwork (if more is assigned by school) or Outside Time– Draw, observe nature, climb a tree, etc. If parent is available, do together. (30 min)

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

- Rest Time (audiobook / CD & play Legos, color, read for fun, etc. in room. (1 hr)
- Sibling playtime – (1-2 hours, outside if possible)
- 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.

