


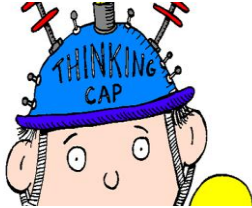










School Age Schedule




- Laminate and place on the fridge or wall
- Print a blank copy (last 3 pages) and place it inside a plastic sleeve to use each day and write your own activities in the blanks provided
- Link to California Department of Education resources: [Resources that Support Distance Learning](#)

<p>Good Morning! 8:00am-8:30am</p>	<p>DAILY LIVING SKILLS</p> 	<p>Brush your teeth and hair Wash hands Change into your clothes Put shoes on</p>
<p>8:30am-9:00am</p>	<p>BREAKFAST</p> 	<p>Help with breakfast: Setting up the table, prepare with parents</p> <p>(Check in with your school district for “Free Meals”)</p>
<p>9:00am-10:00am</p>	<p>GET UP AND MOVE</p> 	<p>Family/caregiver will walk around the neighborhood Go on a walk Yoga Time: Yoga for Kids! Go Noodle: Pizza Man, Get Yo Body Movin Simon Says Freeze Dance: Move and Freeze Red Light, Green Light</p>
<p>10:00-11:00am</p>	<p>PUT YOUR THINKING CAPS ON</p> 	<p>EDUCATIONAL ELECTRONICS (No games, TV, Movies) PreK-9th grade</p> <ul style="list-style-type: none"> • Day of the week • Weather • Counting <p>Scholastic Learning at Home School Choice Week</p>



11:00am-12:00pm	Get CREATIVE 	Painting LEGOs Magna-tiles Drawing pictures Play music Cook or bake Make a collage Make a flip book
12:00pm-12:30pm	LUNCH 	Help with lunch: Some examples: make a sandwich (task analysis) (Check in with your school district for "Free Meals") What is Task Analysis? How to make a task analysis (start at 0:36)
12:30pm-1:30pm	QUIET TIME 	Read a book Write a journal of your daily activities Watch a movie
1:30pm-2:30pm	ACADEMICS 	Assignments Skill practice Scholastic Learning at Home School Choice Week
2:30pm-3:30pm	CHORES 	Sweep floor Fold laundry Wash windows Feed pets Put toys away
3:30pm-4:30pm	RECESS 	Play like recess: <ul style="list-style-type: none">• Hide and seek• Board games• Hot potato• Jump rope



4:30pm-5:30pm	<p>DINNER</p> 	<p>Help with dinner: Set the table Serve food Eat with family Help clean up (loading the dishwasher, dry the dishes, put the dishes and other items away)</p>
5:30pm-7:00pm	<p>FREE TIME</p> 	<p>Parents, give options of what is appropriate</p>
7:00pm-7:30pm	<p>BATH TIME</p> 	<p>Get ready: towel, pajamas, etc. Turn water on Take a bath/shower Brush teeth</p>
7:30pm-8:00pm	<p>GET READY FOR BED</p> 	<p>Go to the bathroom Read a book</p>
8:00pm	<p>BED TIME</p> 	<p>Important to be consistent and maintain a routine</p>

"Strategies to Improve Sleep in Children with Autism Spectrum Disorders: A Parent's Guide":






Daytime Habits video (YouTube link): <https://www.youtube.com/watch?v=M63TYpzB6Rs>

Bedtime Routine video (YouTube link): <https://www.youtube.com/watch?v=d0cB-kN1BYE>







Activity Ideas:

1. Make a fort	2. Make flubber/slime
3. Play board games	4. Scrapbooking
5. Build Legos	6. Play twister
7. Face painting	8. Make up stories
9. Play charades	10. Make a calendar
11. Puzzle	12. Make popsicles
13. Bake cookies	14. Freeze Dance
15. Plant some seeds	16. Family movie night



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<p>9:00am-10:00am</p>	<p>GET UP AND MOVE</p> 	
<p>10:00-11:00am</p>	<p>PUT YOUR THINKING CAPS ON</p> 	
<p>11:00am-12:00pm</p>	<p>Get CREATIVE</p> 	



12:00pm-12:30pm	<p>LUNCH</p> 	
12:30pm-1:30pm	<p>QUIET TIME</p> 	
1:30pm-2:30pm	<p>ACADEMICS</p> 	
2:30pm-3:30pm	<p>CHORES</p> 	
3:30pm-4:30pm	<p>RECESS</p> 	
4:30pm-5:30pm	<p>DINNER</p> 	



5:30pm-7:00pm	FREE TIME 	
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