

My Day at Home

7:00 am  WAKE UP	8:00 am  BREAKFAST	9:00 am
10:00 am  ART	11:00 am	12:00 pm
1:00 pm	2:00 pm  NAP/QUIET TIME	3:00 pm
4:00 pm  EXERCISE	5:00 pm	6:00 pm  DINNER
7:00 pm	8:00 pm  BEDTIME	

You can use this editable document to create a daily schedule. Drag and drop pictures to the time slot your family will use them, or copy and paste any activities that will be repeated during the day. Use only the time slots that you need to indicate the start of a new activity. You can also edit the time periods to any times that meet your needs. You can delete any extra columns or rows to make the schedule horizontal or vertical. Then, print out, and cut out if you wish, your at-home schedule to post where the whole family can see it for quick reference.

sleep



WAKE UP



NAP/QUIET TIME



BEDTIME

food



BREAKFAST



LUNCH



SNACK



DINNER

academic



MATH



SCIENCE



COMPUTER



WRITING



WORKBOOK

creative/leisure



MUSIC



ART



OUTSIDE



PLAYTIME



TABLET



EXERCISE



TV/MOVIE

tasks



CHORES



GET READY

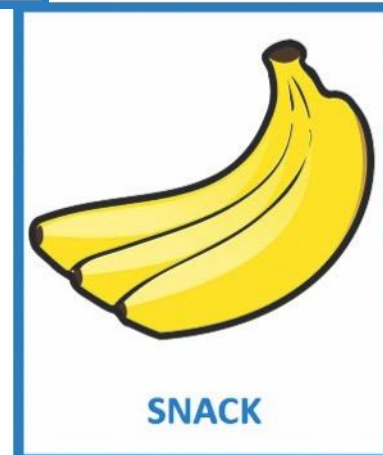
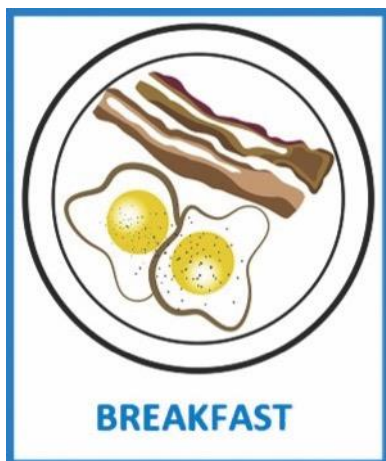


BATH/SHOWER

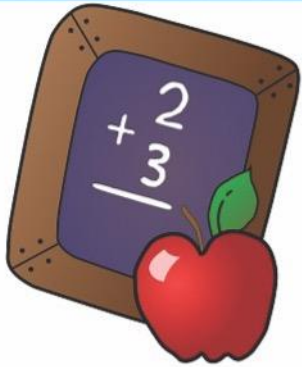
sleep



food



academic



MATH



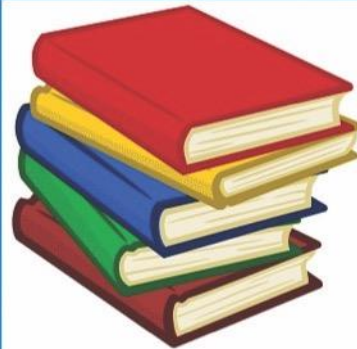
SCIENCE



WORKBOOK



WRITING

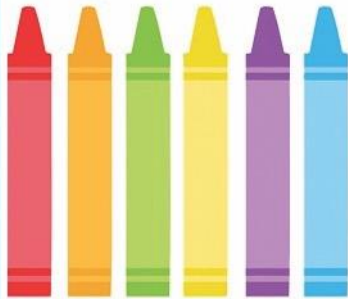


READING

creative/leisure



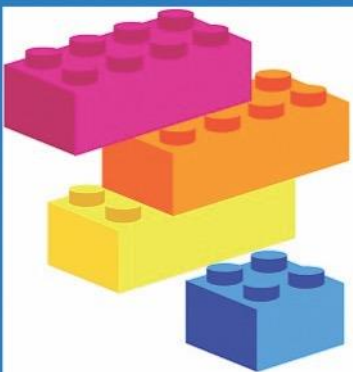
MUSIC



ART



PLAY OUTSIDE



PLAYTIME



TABLET TIME



EXERCISE



TV

tasks



CHORES



GET READY



BATH/SHOWER

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