­­­-­­Sample Schedule

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Time | Mom | Dad | Youngest child | Next Oldest | Next Oldest | Oldest |
| 6:30-7:00 | Get up | Get up |  |  |  |  |
| 7:00-7:30 | Breakfast | Breakfast | Get up | Get up | Get up | Get up |
| 7:30-8:00 | Work Prep | Work Prep | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:00-8:30 | Work | Work | Chores | Reading | Free Play | Journal Writing |
| 8:30-9:00 | Work | Work | TV | Chores | Reading | Free Play |
| 9:00-9:30 | Supervising  | Work | Schoolwork | TV | Chores | Reading |
| 9:30-10:00 | Work | Supervising | Chores | Schoolwork | TV | Chores |
| 10:00-10:30 | Supervising | Work | Reading | Free Play | Schoolwork | TV |
| 10:30-11:00 | Work | Supervising | Free Play | Reading | Free Play | Schoolwork |
| 11:00-11:30 | Work | Work | Exercise | Exercise | Exercise | Exercise |
| 11:30-12:00 | Work | Work | Journal Writing | Journal Writing | Journal Writing | Journal Writing |
| 12:00-12:30 | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:30-1:00 | Work | Work | Rest | Rest | Rest | Rest |
| 1:00-1:30 | Work | Work | Drawing | Drawing | Coloring | Coloring |
| 1:30-2:00 | Work | Supervising | Schoolwork | TV | School work | TV |
| 2:00-2:30 | Supervising | Work | TV | School work | TV | School work |
| 2:30-3:00 | Work | Work | Practicing Skills | Practicing Skills | Practicing Skills | Practicing Skills |
| 3:00-3:30 | Work | Work | Together | Together | Together | Together |
| 3:30-4:00 | Work | Work | Free Choice | Free Choice | Free Choice | Free Choice |
| 4:00-4:30 | Work | Work | Free Choice | Free Choice | Free Choice | Free Choice |
| 4:30-5:00 | Work | Work | Free Choice | Free Choice | Free Choice | Free Choice |
| 5:00-5:30 | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 5:30-6:00 | Chores | Chores | Chores | Chores | Chores | Chores |
| 6:00-6:30 | Reading | Reading | Reading | Reading | Reading | Reading |
| 6:30-7:00 |  |  | Bath | Free Choice | Free Choice | Free Choice |
| 7:00-7:30 |  |  | Gratitude journal | Bath | Quiet Time | Free Choice |
| 7:30-8:00 |  |  | Bedtime | Gratitude journal | Bath | Free Choice |
| 8:00-8:30 |  |  |  | Bedtime | Gratitude journal | Bath |
| 8:30-9:00 |  |  |  |  | Bedtime | Gratitude journal |
| 9:00-9:30 |  |  |  |  |  | Bedtime |

