



## Daily Home Schedule



Adapted from the website: Behavioral Interventions and Solutions  
<https://biasbehavioral.com/>

TIME	ACTIVITY	YES OR NO
7:30	Breakfast – get your own if you can, self-feed. Clean up as much as you can. Can you help in the kitchen?	
7:45	Hygiene- Toothbrush and Handwashing- Cooperate and do as much on your own as you can.	
8:00	Free Play – Can you make a choice of materials?	
8:30	Learning Activities – Short breaks if you need	
9:30	Games and Turn Taking – Have fun with a friend, playing either a game or turn taking with a fun item.	
10:00	Snack-What snack can you make? Can you make choices? Can you get your own snack foods? Open those packages!	
10:30	Crafts	
11:00	Movement Activities	
11:30	Literacy, Story-time	
12:00	Lunch and Hygiene	
12:15	Free Play – Outdoors if you can – have some fun!	
1:00	Learning Activities – How about some hands-on math, science or chores?	
1:30	Cooking and Snack	
2:00	More chores and clean up	
2:30	Have a great afternoon!	

## ACTIVITY IDEAS

<p style="text-align: center;"><b>LEARNING</b></p> <p>Matching Counting Following directions with Prepositions Sorting anything at home Review letters and numbers Puzzles Completing any tasks – putting together, putting in, taking apart, packaging</p>	<p style="text-align: center;"><b>MOVEMENT</b></p> <p>Go Noodle or Circle time link activities! You Tube – Jack Hartment movement songs <a href="https://www.youtube.com/watch?v=oLaJ4jyK">https://www.youtube.com/watch?v=oLaJ4jyK</a> <b>BUY</b> You Tube camp songs and chants <a href="https://www.youtube.com/watch?v=69f9sCwhwYk">https://www.youtube.com/watch?v=69f9sCwhwYk</a> <b>EXERCISE</b> YouTube yoga for kids <a href="https://www.youtube.com/watch?v=X655B4ISakg">https://www.youtube.com/watch?v=X655B4ISakg</a></p>
<p style="text-align: center;"><b>CRAFTS</b></p> <p>Color Stickers See your packet from your teacher Collage – tear and tape Sensory – water play, rice, fabric exploration</p>	<p style="text-align: center;"><b>COOKING</b></p> <p>Simple cooking activities with family Put jelly on crackers make a simple sandwich applesauce Cookies/ Muffins make a salad or a fruit salad Guacamole!</p> <p>Free picture recipes <a href="https://www.teacherspayteachers.com/Browse/Search:Free%20picture%20recipes">https://www.teacherspayteachers.com/Browse/Search:Free%20picture%20recipes</a>  <a href="http://www.makinglearningfun.com/themepages/RecipesPictorialDirections.htm">http://www.makinglearningfun.com/themepages/RecipesPictorialDirections.htm</a></p>
<p style="text-align: center;"><b>FREE PLAY</b></p> <p>Use a cause and effect material or swipe an APP! Can you build something?</p>	<p style="text-align: center;"><b>LITERACY/ STORY TIME</b></p> <p>Review the social story from your teacher Look up read aloud on You Tube <a href="https://www.youtube.com/results?search_query=read+aloud+books+for+children">https://www.youtube.com/results?search_query=read+aloud+books+for+children</a> Read aloud chapter books: <a href="https://www.youtube.com/results?search_query=+chapter+books+for+children">https://www.youtube.com/results?search_query=+chapter+books+for+children</a> Read aloud social learning stories <a href="https://www.youtube.com/watch?v=GvrCB7RkqFc">https://www.youtube.com/watch?v=GvrCB7RkqFc</a></p>
<p><b>GAMES</b></p> <p>Uno Cards Dominos Follow the leader Enjoy anything fun with turn taking!</p>	