

Quarantine Weekday Schedule (Planned)
Or
 How to Stay Healthy and Sane in Quarantine

| Time | Task | Note |
|------------------|------------------------------|--|
| Wakeup to 8AM | Breakfast, Misc | Reading, crosswords, drawing, writing, harmonica, ukulele etc |
| 8-9 | School Work | Math, science, social studies, read and write |
| 9-10 | Special | Trumpet, art, library, music, karate |
| 10-11 | Google Hangouts with friends | |
| 11-11:30 | Life Skills | Lessons from mom or dad: Cooking, sewing, cleaning, yard work, woodworking, music |
| 11:30-12:00 | Educational Screen time | |
| 12 | Lunch | |
| After Lunch to 1 | Recess | Go outside, play with dog, work in garden, play with mom or dad |
| 1-2 | Quiet time | Reading, drawing, audio book, puzzles, embroidery, writing, quiet game |
| 2-3 | Move Your Body | Practice karate, exercise videos (e.g. GoNoodle), walk with Mom, yard work, cleaning |
| 3-3:30 | Extra School Reading | Article on science, social studies, etc |
| 3:30-4:30 | Free time | Whatever you want (minus screens) |
| 4:30-6 | Screen Time | |
| 6:00 | Dinner | |

Quarantine Weekday Schedule (Actual)
Or
How to Stay Healthy and Sane in Quarantine

| Time | Intended Task | Actual Task |
|------------------|------------------------------|--|
| Wakeup to 8AM | Breakfast, Misc | On Track |
| 8-9 | School Work | On Track |
| 9-10 | Special | On Track |
| 10-11 | Google Hangouts with friends | Spent 15 minutes in my towel after my shower figuring out why invites weren't going out and then why our mic wasn't working |
| 11-11:30 | Life Skills | Started discussing manners, but I got bored and told him to take an extra 10 minutes of his next lesson. |
| 11:30-12:00 | Educational Screen time | On track but with complaints about how educational games aren't fun |
| 12 | Lunch | We decided to give him a mohawk and missed lunch and recess because I don't know how to cut or shave hair and it took an hour. Then I had him eat a grilled cheese while he read a book during quiet time. |
| After Lunch to 1 | Recess | See above |
| 1-2 | Quiet time | On track plus grilled cheese |
| 2-3 | Move Your Body | On track |
| 3-3:30 | Extra School Reading | On track |
| 3:30-4:30 | Free time | On track, I think (I hear him bothering his dad who is supposed to be working, but that's downstairs and everyone knows it doesn't count if it's on another floor) |
| 4:30-6 | Screen Time | On track of course |
| 6:00 | Dinner | Early, so we can all go to bed sooner and do this again tomorrow |