

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](#)

Good Morning! 8:00am-8:30am	DAILY LIVING SKILLS	Brush your teeth and hair Wash hands Change into your clothes Put shoes on
8:30am-9:00am	BREAKFAST	Help with breakfast: Setting up the table, prepare with parents (Check in with your school district for “Free Meals”)
9:00am-10:00am	GET UP AND MOVE	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
10:00-11:00am	PUT YOUR THINKING CAPS ON	EDUCATIONAL ELECTRONICS (No games, TV, Movies) PreK-9 th grade) <ul style="list-style-type: none"> • Day of the week • Weather • Counting Scholastic Learning at Home School Choice Week

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	DINNER	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)

5:30pm-7:00pm	FREE TIME	Parents, give options of what is appropriate
7:00pm-7:30pm	BATH TIME	Get ready: towel, pajamas, etc. Turn water on Take a bath/shower Brush teeth
7:30pm-8:00pm	GET READY FOR BED	Go to the bathroom Read a book
8:00pm	BED TIME	Important to be consistent and maintain a routine

"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:

• Make a fort	• Make flubber/slime
• Play board games	• Scrapbooking
• Build Legos	• Play twister
• Face painting	• Make up stories
• Play charades	• Make a calendar
• Puzzle	• Make popsicles
• Bake cookies	• Freeze Dance
• Plant some seeds	• Family movie night

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