

# ST. RICHARD'S EPISCOPAL SCHOOL OPERATION HEALTHY DRAGONS MIDDLE DIVISION DAILY SCHEDULE

<b>TIME</b>	<b>ACTIVITY</b>
<b>8-9</b>	Wake up and chores- make bed, breakfast, put dishes away, clean room.
<b>9-10</b>	Academic time (pick two classes)
<b>10-11</b>	Physical activity- yoga, walk, play in back yard, PE assignment
<b>11-12</b>	Academic time (pick two classes)
<b>12-1</b>	Lunch- help make lunch, take a creative brain break, go for a walk.
<b>1-2</b>	Academic time (pick two classes)
<b>2-3</b>	Non-screen time (game, reading, journaling)
<b>3-4</b>	Academic time (pick two classes)
<b>4-5</b>	Social time- connect with friends, write emails, play online games
<b>5-6</b>	Help with dinner, eat
<b>6-7</b>	Physical activity, family games, create a piece of art, play a musical instrument, read
<b>7-8</b>	Prep for next day, charge devices in central area
<b>8-9</b>	Wind down, get ready for bed, read quietly
<b>9-10</b>	Bedtime



# ST. RICHARD'S EPISCOPAL SCHOOL OPERATION HEALTHY DRAGONS EARLY CHILDHOOD DAILY SCHEDULE

<b>TIME</b>	<b>ACTIVITY</b>
<b>7-9</b>	Wake up - help with chores and/or making breakfast; when waking up it is a good time to explore books or read with an older sibling/parent/caretaker
<b>8-10</b>	Remote learning activities - academic, building, projects, discovery, fine motor/writing
<b>10-11</b>	Gross motor time indoor or outdoor - PE activities or outside active play; snack
<b>11-12</b>	Self-directed or family play time
<b>12-1</b>	Lunch - help with lunch, reading time after
<b>1-2:30</b>	Rest/nap
<b>2:30-4:30</b>	1/2 hr screen time and and play/outdoor time
<b>4:30-6:00</b>	Family time/ prepare for dinner
<b>6:00-7:00</b>	Dinner/Family time
<b>7:00-8:30</b>	Preparing for bed and reading time
<b>8:30</b>	Bedtime



# ST. RICHARD'S EPISCOPAL SCHOOL OPERATION HEALTHY DRAGONS LOWER DIVISION DAILY SCHEDULE

<b>TIME</b>	<b>ACTIVITY</b>
<b>7-9</b>	Wake up - help with chores and/or making breakfast, read, self-directed play
<b>8-11</b>	Remote learning activities (choose amount of time in the morning and/or afternoon equaling 2 hours)
<b>11-12</b>	Gross motor time - indoor or outdoor
<b>12-1</b>	Lunch - help with lunch, reading time after
<b>1-2:30</b>	Physical/PE time - gross motor, outdoor time, play
<b>2:30-4:30</b>	Remote learning time and 1/2 hr screen time
<b>4:30-6:00</b>	Family time/prepare for dinner
<b>6:00-7:00</b>	Dinner, help with clean up
<b>7:00-8:30</b>	Reading, games, preparing for bed
<b>8:30- 9:00</b>	Bedtime

