

# Sample Daily Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a-8:00a	Morning	Routine	Bathroom	Wash Face	Teeth	Make Bed	Clean Room
8:00a-9:00a	Make Food	Clear Table	Dishes	Fine Motor....	e.g. puzzles,	coloring,	cutting/paint..
9:00a-10:00a	Gross motor	vacuuming	running	swimming	trampoline	weights	pulling
10:00a-12:00	Zoo	Shopping	Bowling	Movie	Museum	Park	Restaurant
12:00p-1:00p	Lunch	Clear Table	Dishes	Free Choice	Free Choice	Free Choice	Free Choice
1:00p-2:00p	Work time	Math Skills	Reading	Writing	Science	Computer	Music
2:00p-4:00p	Social play	Play group	YMCA	Sun. School	Play date	Community	Ed.Programs
4:00p-5:00p	Quiet time..	.....	.....	.....	.....	.....	.....
5:00p-6:00p	Dinner	Set Table	Assist with	preparing	food	Dishes	Clean up
6:00p-7:30p	Family Time	Walking	Games	Talking	connecting	with	family
7:30p-8:30p	Bedtime	Routine	bathing	Pajamas	Brush teeth	Books	Calming

Self Care	Life Skills	Gross Motor	Community	Academic	Social Skills	Down Time	Fine Motor
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