

# Planning your day

Even though you and your family may be at home, out of work and school, having a daily schedule is an excellent way to maintain healthy living. A daily schedule can help your house in many ways. When people know what to expect, there is less stress and people are less likely to get into arguments, or misbehave. A schedule can be very specific or general. The important thing is that everyone stick to the schedule. A great way to make a daily schedule is to involve the whole family. Here are some examples of schedules other families have used: (remember social distancing as you make your plan)

## Example #1

Morning 8-12	Breakfast	Exercise	School work	
Afternoon 12-5	Lunch	School work	Activity	
Evening 5-bedtime	dinner	Chores	Family activity	Free time

## Example #2

Monday- Friday

6-8am	Wake up, quiet free time	3:15-4:00	Creative time, art, music, building
8:00-8:30	Breakfast	4:00-5:30	*Free time
9:00-11:00	School work	5:30-6:30	Dinner prep and eating
11:00-12:00	Exercise, free play	6:30-7:30	Family activity
12:00-12:30	lunch	7:30-8:30	*Free time
12:30-1:30	Quiet free time	8:30-9:30	Wind down, showers, reading
1:30-3:00	School work, educational time	9:30	bedtime
3:00	Snack		

\*electronics can be used

### Example #3

Morning	6-7:30	7:30-8	8-10	10-10:30	10:30-11:30
	Get dressed, make bed, eat breakfast	Brush teeth, prepare work space	School work	Physical activity	classwork
Afternoon	11:30-12	12-12:30	12:30-1:30	1:30-3	3-4:30
	Chores	lunch	Quiet time	Classwork	Outdoor time
Evening	4:30-5	5-6	6-7	7-9	9
	Free time	Dinner	Shower, cleanup	Free time	bedtime

It can be difficult to get started with a regular schedule. Try and stick with it even if some family members are resistant. If you are having issues with behavior problems, see our section on [managing behaviors](#). For physical activity ideas, check out our section on [physical activity](#). You should decide as a family how much electronic time (phones, tablets, video games, TV, YouTube) you will allow and when they will be allowed – for tips on phone use, see our section on [phone use](#). You are the boss. You are amazing. You got this.