

# OUR DAYS

6am

wake up - get dressed - make beds - breakfast - daily chores

7am

morning walk - check garden - explore - feed the animals - have a snack break outside

10am

learning time - 1hr academic learning

11am

free play - indoors or outdoors 1hr

12pm

lunch - eat outside if possible

1pm

wind down time - half hour - reading or guided meditation

1:30pm

rest time - sleep or quiet time in bedroom

3pm

snack time - eat outside if possible

3:30pm

learning time - 1hr interest lead learning

4:30pm

free play - outdoors - 1hr

5:30pm

technology off - family eats dinner together - everyone helps with cleaning up

6:30pm

wind down time - reading in bed

7pm

lights out