



# Tomahawk School District Suggested Daily Routine

BEFORE 9:00 AM	RISE AND SHINE	<ul style="list-style-type: none"> <li>• Wake up at a consistent time daily</li> <li>• Eat a healthy breakfast</li> <li>• Clean up after breakfast and tidy up your space</li> <li>• Dress for the day</li> </ul>
9:00 AM -10:00 AM	GET CREATIVE	<ul style="list-style-type: none"> <li>• Create, design and/or make something awesome with materials around your house using activities from art, music, band, STEM, and choir teachers</li> </ul>
10:00 AM - 11:00 AM	BUILD THAT BRAINPOWER	<ul style="list-style-type: none"> <li>• Wash your hands</li> <li>• Do learning activities from teachers</li> <li>• Read and journal</li> </ul>
11:00 AM - 12:00 PM	GET ACTIVE	<ul style="list-style-type: none"> <li>• Play outside, walk, run or ride a bike</li> <li>• Stuck inside?? Use activities provided by Phy. Ed. teacher</li> </ul>
12:00 PM - 1:00 PM	ENJOY LUNCH AND HELP AROUND THE HOUSE	<ul style="list-style-type: none"> <li>• Wash your hands</li> <li>• Help get lunch ready</li> <li>• Eat</li> <li>• Clean up after lunch and tidy up space</li> </ul>
1:00 PM - 2:00 PM	RELAX AND REST	<ul style="list-style-type: none"> <li>• Read for enjoyment</li> <li>• Do quiet activity or puzzle</li> <li>• Write letters to friends and family</li> <li>• Rest or nap</li> </ul>
2:00 PM - 3:00 PM/4:00 PM	BUILD THAT BRAINPOWER	<ul style="list-style-type: none"> <li>• Do 2-3 learning activities from teachers</li> <li>• Ready to learn</li> <li>• Play online educational apps and games</li> <li>• Watch educational video</li> </ul>
3:00 PM - 4:00 PM	GET ACTIVE	<ul style="list-style-type: none"> <li>• Same as above - get outside if you can, but keep social distance</li> </ul>
4:00 PM AND AFTER	ENJOY DINNER AND RELAX UNTIL BEDTIME	<ul style="list-style-type: none"> <li>• Wash your hands</li> <li>• Help get dinner ready</li> <li>• Eat</li> <li>• Clean up after dinner and tidy up your spaces</li> <li>• Play card or board games, have movie night, help around the house</li> <li>• Take shower and head to bed</li> </ul>