**DAILY ROUTINES**

We miss seeing the students at school and recognize how important it is to maintain a daily routine as part of your child's day. Visual pictures help children know when one activity begins and when it ends and helps to make the transition from one activity to another easier. Some of you may have received pictures from your child’s teacher to make a schedule of their day but any drawing will do as long as it is consistent. Any of these suggested activities can be modified to fit your child's needs:

**MORNING ROUTINES: 8:00 am to 12:00 pm**

* Meal Time - Breakfast time you can invite your child to help prepare the meal, set the table, identify the food and utensils being used.
* Classroom - Teachers will share instructional videos, read alouds and sing-alongs.
* Creative - opportunity to introduce your child to drawing (picture, trace objects), color (crayons/markers), building (blocks, legos, dominoes, cards, boxes), games (board/card games).For other indoor activities ideas go to website: <https://www.thebestideasforkids.com/>
* Free Time - build a fort with blankets and pillows, play with stuffed animals/favorite For other free play ideas go to website: <https://www.healthychildren.org/English>.

**AFTERNOON ROUTINES: 12:00 pm to 4:00 pm**

* Meal Time - Lunch time you can invite your child to help prepare the meal,set the table, identify the food and utensils being used.
* Classroom - Teachers will share instructional videos, read alouds and sing-alongs.
* Creative - opportunity to introduce your child to drawing (picture, trace objects), color (crayons/markers), building (blocks, legos, dominoes, cards, boxes), games (board/card games). For other indoor activities ideas go to website: [https://www.thebestideasforkids.com](https://www.thebestideasforkids.com/)/
* Music & Movement Time - get up and stretch, tumble, roll, hop up and down, sing, hum, and whistle. Dance and clap along to a favorite song. Use hands to make tapping sounds with empty pots, containers, boxes. Play freeze dance to music (slow, fast). For other fun movement ideas go to website: <https://lemonlimeadventures.com/>

**EVENING ROUTINES: 4:00 pm to 8:00 pm**

* Classroom - Teachers will share instructional videos, read alouds and sing-alongs.
* Creative - opportunity to introduce your child to drawing (picture, trace objects), color (crayons/markers), building (blocks, legos, dominoes, cards, boxes), games (board/card games).For other indoor activities ideas go to website: <https://www.thebestideasforkids.com/>
* Meal Time - Dinner time you can invite your child to help prepare the meal, set the table, identify the food and utensils being used.
* Bath Time - opportunity to engage in water play, use household items or children’s toys, use spoons/measuring cups/bowls to scoop water and fill a container then pour out, items that sink or float by using a heavy toy or item vs. a toy boat or duck, something that absorbs water like a sponge, washcloth or cotton.
* Bedtime - time to slow down, softly read a children’s book or softly sing a good night song. For some online stories go to website: <https://www.products.kidssoup.com/story-twiggles>

**\*Important to remember that your child’s Teacher and Therapist will be reaching out to you to set up times for one to one conversations and remote learning.**