

Daily Work Plan/Schedule Recommendation for 6-9

| Time | What | How |
|--------------|---|--|
| About 8:00am | Morning Routine (Practical Life) | Make bed, eat breakfast, brush your teeth, get dressed, do any other morning chores (keeping a routine similar to school schedule is helpful) |
| 30+ minutes | Work Cycle (Math) | Xtra Math and IXL (alternate with Quiet Time if you have a sibling) |
| 30+ minutes | Quiet Time (Independent Reading) | Read a book for Accelerated Reader (alternate with Work Cycle (Math) if you have a sibling) |
| 30 minutes | Snack and Outdoor Time (Connection Time) | Family walk, snack break, exercise indoors if the weather is bad |
| 30+ minutes | Work Cycle (Language) | AR quiz, IXL, Read Works (alternate with Creative Time if you have a sibling) |
| 30+ minutes | Creative Time/Enrichment | Practical Life, drawing, crafting, practice your instrument (alternate with Work Cycle (Language) if you have a sibling) |
| 1 hour | Lunch (Practical Life) | Help with lunch tasks (setting the table, meal prep, picking up/washing own dishes, sweeping etc.) |
| 1 hour | Afternoon Outdoor Time (PE/Recess) | Bikes, walk the dog, play outside, board/card games if the weather is bad |
| 30+ minutes | Work Cycle (afternoon) | Finish any daily assignments not finished in the morning work cycle. Then, typing, science, cultural (alternate with Chore Time if you have a sibling) |
| 30+ minutes | Chore Time (Montessori Practical Life) | * see Practical Life Reference (alternate with Work Cycle (afternoon) if you have a sibling) |
| | Unstructured Downtime | Up to your parents :) Self-Care, Free Choice, Family Time |
| About 8:00pm | Bedtime Routine | Shower, brush teeth, read a bedtime story, get rest |