



SUGGESTED DAILY

CASA WORK SCHEDULE

MORNING

8:30AM Wake up, make your bed, get dressed, fold pyjamas.

9:00AM Have a few choices for children to choose from, puzzles,
10:30AM practising math facts (+, -, x, /), reading and sound recognition, cursive writing or pre-writing activities, create a daily journal with story/pictures or both, helping with household chores, drawing, crafts, listening to music.

10:30AM Wash hands for morning snack, have children help you prepare
10:45AM healthy snack. Set table, help clean up.

10:45AM Discuss the calendar, identify the month, day of the week, count
11:00AM the numbers, and the year. Read a story.

LUNCH

11:00AM Outdoor time: Go on a family walk, yoga, play in
12:00PM your backyard. Gross Motor Play, dancing, running, climbing,

12:00PM Wash hands, prepare lunch with your child, eating
1:00 PM lunch and clean up (involve your child in preparing your meal, setting the table, eating together if possible, cleaning up the table, washing dishes, sweeping the floor and wiping up afterwards.

AFTERNOON

1:00PM Reading, puzzles, arts and crafts, or continue work
2:45PM cycle above.

2:45PM Afternoon Snack: Have your child help to prepare a
3:00PM healthy snack.

3:00PM³ Outdoor time, biking, outdoor chalk, nature walk,
:30PM dance, yoga, reading stories, colouring