

# Sample Daily Home Schedule

[Charter Communications](#) will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call **1-844-488-8395**.

Installation fees will be waived for new student households.

Before 9:00 am	<b>Wake Up</b>	Eat breakfast, make your bed, get dressed, put PJs in laundry, brush your teeth
9:00-10:00	<b>Morning Activity</b> Wash hands when done.	Walk or refer to your PE teacher's ideas for activity, call grandparents
10:00-11:00	<b>Academic Time &amp; Snack</b>	No electronics during this time. Lessons from teacher, Ideas from Spanish teacher, daily journal entry
11:00-12:00	<b>Creative Time</b> Wash hands when done.	Ideas from Art/Music teacher, legos,
12:00pm	<b>Lunch</b> Wash hands BEFORE eating.	Throw away trash and wash dishes or put them in the dishwasher.
12:30-1:00	<b>Daily Chores</b> Wash hands as needed during chores.	Wipe down the kitchen table & chairs, wipe down all counters, wipe every door handle, light switches, wipe down bathrooms and bathroom sinks, clean up room. Chores may differ from day to day.
1:00-2:30	<b>Quiet Time</b> Wash hands when done.	Independent reading, drawing, writing, puzzles, nap, bird watching from the window
2:30-4:00	<b>Academic Time</b> Wash hands when done.	Electronics are ok during this time. Edmentum, Reflex Math, Prodigy, EPIC books, BrainPop, educational shows
4:00-5:00	<b>Afternoon Fresh Air</b> Wash hands when done.	Play outside with adult supervision, bikes, walk, etc. Limit social proximity.
5:00-6:00	<b>Dinner</b> Wash hands BEFORE eating.	Set the table, help prepare dinner with parent supervision, clean up after dinner.
6:00-7:45	<b>Family Time</b>	TV, family game night (board/card games, etc)
7:45-8:00	<b>Bath/Shower</b>	Take a bath or shower, put dirty clothes in the correct location.
8:00-9:00	<b>Bedtime</b>	Evening reading & lights out! Good Night!