

# hobokenmontessori school

 inspiring lifelong learning

Time	Activity Area	Suggestion
Wake-up - 9:00 am	Practical Life	Get dressed, make breakfast together, bathe, make beds
9:00-11 am	Lesson Time	View our Distance Learning Page for daily lessons, information, and ideas! Let your child choose their lessons each day.
11am-12 pm	Outside Time Or Gross Motor Activity	Yoga, exercise, go for a walk! Play catch: how many times can you throw and catch a ball without dropping it? Keep track!
12-12:30 pm	Lunch	Make it together!
12:30-1 pm	Chores/Practical Life	Have your child(ren) wash the lunch dishes... they know how!
1-2 pm	Quiet time	<u>Nap, read books, assemble a puzzle, listen to a guided meditation</u>
2-4 pm	Lesson Time	View our Distance Learning page for daily lessons, information, and ideas! Let your child choose their lessons each day.
4-5	Free Time	Undirected. This may take some practice for the adults! Please leave a portion of the day for completely self-directed play. Brilliant ideas are born from 'boredom'.
5-6	Dinner Prep/Dinner	Do it as a family
6-7:30	Free Time/Family Time	Watch a movie or play a game
7:30	Bed Time	Read a book, snuggle, and talk about the day