

GAPS Sample Daily Schedule

TIME	ACTIVITY	DESCRIPTION	LINKS		
8-9 AM	Wake Up	Brush teeth, get dressed, eat breakfast			
9-9:30 AM	Morning Fresh Air	Short walk outside, yoga/stretching inside if cold or raining			
9:30-11:00 AM	Morning Lesson	Select from subject lessons	General Activities and Resources	Science: Scientific American - Bringing Science Home	Social Studies: Smitsonian for Kids
11 AM-12 PM	Creative Time	Legos, drawing, painting, crafting, etc.	Lunch Doodles with Mo Willems	Draw Every Day with JJK	Online Art Lessons
12-1 PM	Lunch				
1-2 PM	Quiet Time	Reading/puzzles/nap	Open Library	The Fable Cottage: Fairy Tales in Spanish	Open Culture Audiobooks
2- 3 PM	Scholastic Lesson	Daily Selection based on grade level	Scholastic Learn at Home		
3-4 PM	Afternoon Fresh Air	Walk, jog, bike, play outside	Outdoors	Indoors	
4-5 PM	Chores	Wipe tables, chairs, surfaces, clean room			
5-6 PM	Dinner				
6-7:30 PM	Free Time	Play games, shower/bathe, watch TV			
7:30-7:45 PM	Facebook Live Story Time	District staff reads a bedtime story	Facebook		
7:45-8:00 PM	Get Ready for Bed				