

# COVID-19 Daily “Keep Your Sanity” Schedule

Time	Activity	Details
Before 9:30 AM	Wakeup & Morning Chores	Breakfast, brush teeth, get dressed, clothes in hamper, tidy bedrooms, chores of the day (no TV or technology). Mom Tip: toss dinner in a crockpot or prep it for easy, stress free meal making during the “witching hours” later
9:30 AM - 10:00 AM	Outdoor Stroller Fitness Class.	Meeting at various outdoor locations for equipment-free, 30 minute workout and fresh air! Kids in strollers or close by Mama’s side.
10:00 AM - 12:00 PM	Family Outdoor Activity	Beach, hiking trails (Allaire Park), bike path, etc
12:00 PM - 1:00 PM	Lunch	Wash hands before eating!
1:00 PM - 3:00 PM	School Work	Assignments provided by teachers during school closing
3:00 PM - 4:00 PM	Free Playtime or Crafts	Toys, crafts, whatever!
4:00 PM - 5:00 PM	Fresh Air / Play In Yard	More Fresh Air!
5:00 PM - 6:00 PM	Dinner	Wash hands before eating!
6:00 PM - 8:00 PM	Free TV Time / Family Games	This can also be a time for Mom to have peace. Read a book. Chat on phone with a friend.
8:00 PM - 9:00 PM	Reading & Bed	Time for Mom to meditate, hot shower/bath, have a drink with hubby, etc.