LOVE to KNOW

# SUMMER SCHEDULE FOR OLDER CHILDREN AND TEENS

| Time | Activity |
|---|---|
| 9:00 – 10:00 | Wake up, eat breakfast, get ready |
| 10:00 – 11:00 | Chore time |
| 11:00 – 12:00 | Free choice |
| 12:00 – 1:00 | Lunch and reading |
| 1:00 – 2:00 | Go outside, workout, get fresh air |
| 2:00 – 3:30 | Screen time |
| 3:30 -5:30 | Free choice that is NOT screen time |

Older kids have more flexibility in their schedules. They don't need you to lay out as many possibilities for them, but have options prepared just in case they tell you that "there is nothing to DOOOOO outside!"

Options for outside time might be: mow the lawn, help with gardening, walk the dog, bike ride with friends, shoot hoops, draw under a shade tree.

Older kids may or may not require snacks in between their scheduled meals. If your kid is a snacker, work snack into free choice or screen time.

Older kids can handle a list of household chores.

Some ideas are: make you bed, clean up your room, wipe down the sinks, out your laundry away, unload or reload the dishwasher.