

# SAMPLE AT HOME SCHEDULES



School/Stay Home Schedule #1: Recommended to use with younger children or children who need more assistance/support in scheduling their workload and do better without specific times listed.

<b>WHEN</b>	<b>ACTIVITY</b>	<b>✓ WHEN DONE</b>
Always	Personal care/Self care	
First		
Next		
BREAK	Free choice	
First		
Next		
BREAK	Free choice	
Always	Chore/Help with...	

# SAMPLE AT HOME SCHEDULES



School/Stay Home Schedule #2: Recommended to use with older children or children who are more independent in scheduling their workload and strive on having timed type schedules.

<b>TIME</b> Keep to 30-50 min	<b>ACTIVITY/ASSIGNMENT/WORK</b>	<b>ACTION NOTES</b> Done Need to finish Need Help
	Personal care/Self care	
BREAK	Free choice (30 min)	
BREAK	Free choice	
	Chore/Help with...	