

# SAMPLE DAILY RHYTHM

ANCHOR POINT

8AM: BREAKFAST

START THE DAY

Breakfast  
Morning Routine  
Outside Play

10AM: SNACK

SCHOOL

Snack  
School  
Creative or Learning Play

12PM: LUNCH

LUNCH

Lunch  
Free Play

1:30PM: NAP

QUIET TIME

Preschooler: Nap  
Older Kids: Independent Play

3:30PM: SNACK

WORK & PLAY

Snack  
Chores & School Catch-Up  
Screen Time

5:30PM: DINNER

FAMILY TIME

Dinner  
Family Time (Show / Game)  
15 Minutes Scripture Study

7:00PM: 3YO BEDTIME

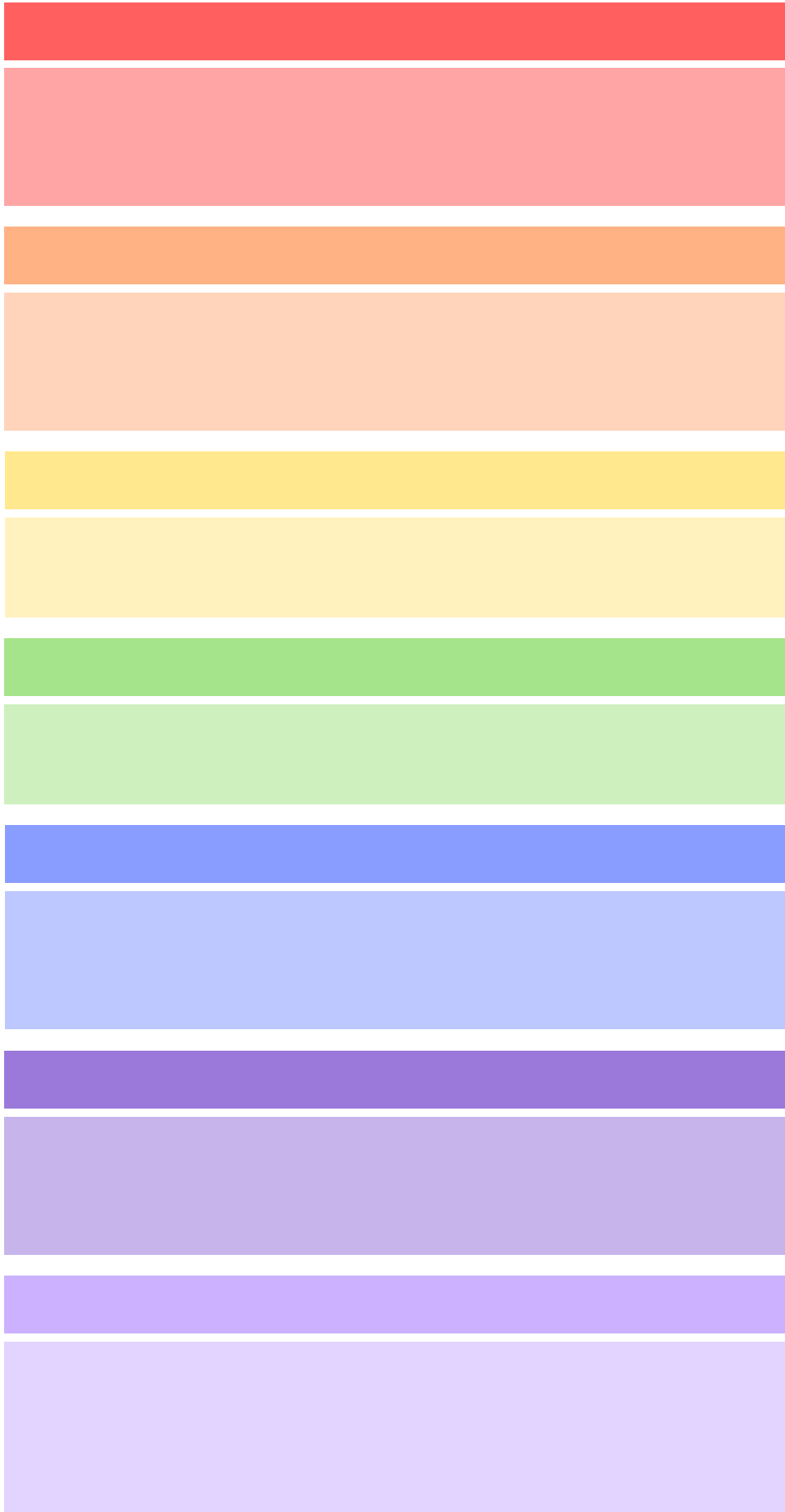
WIND DOWN

Evening Routine  
Free Play  
Independent Reading in Bed  
Lights Out

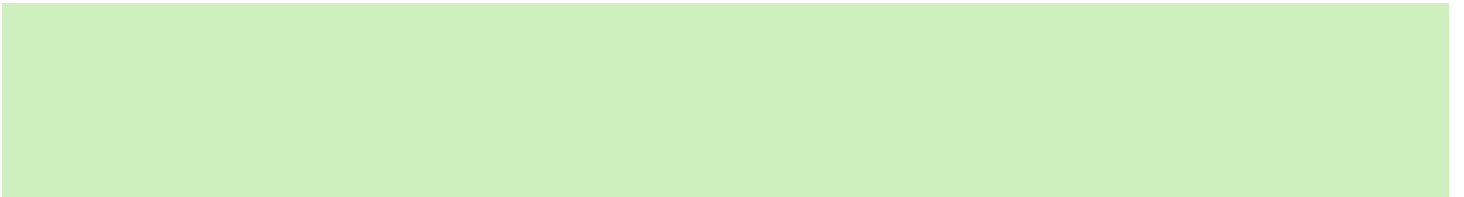
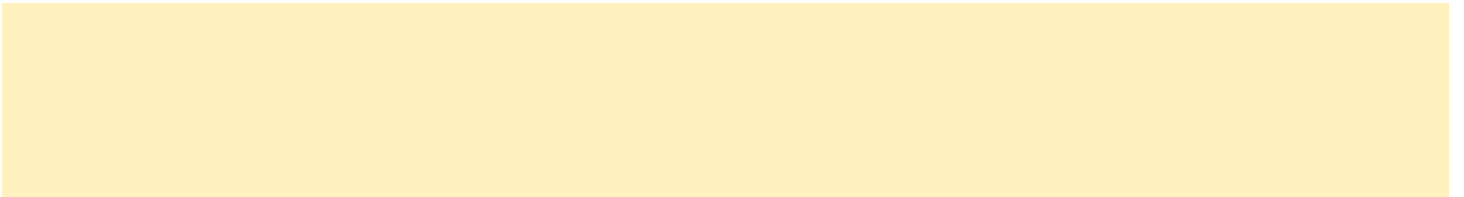
BLOCK THEME

BASIC PLAN

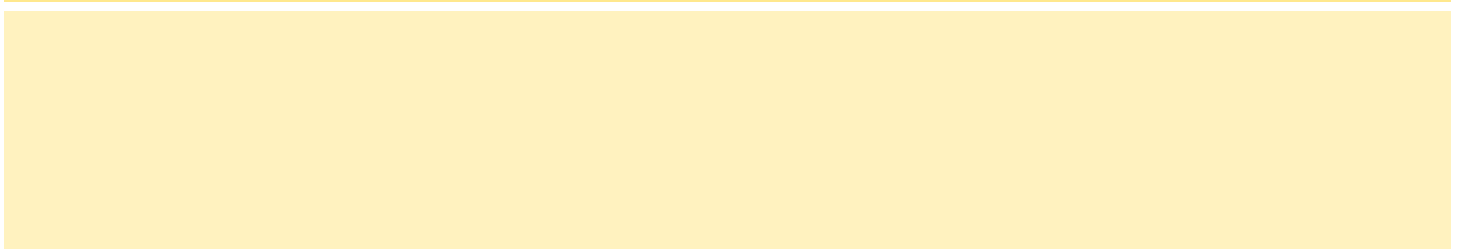
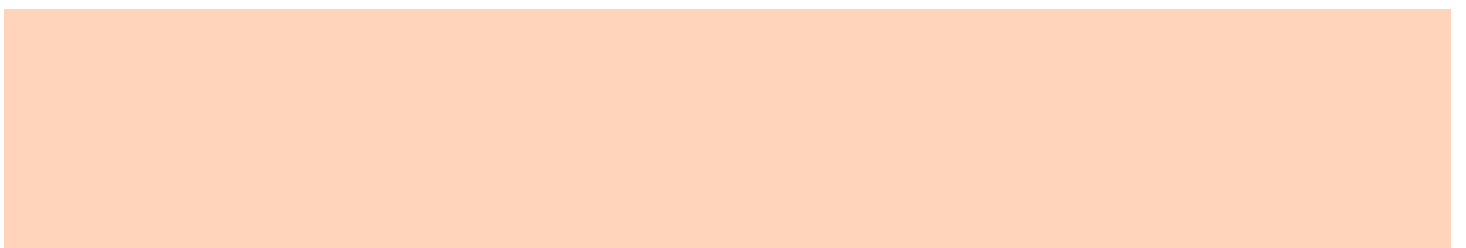
# OUR DAILY RHYTHM



# Our Day



# Our Day



# Our Day

