

Daily Schedule

I know schedules are going to be difficult to implement, especially when you have more than one child, but these boys truly thrive off schedules and routines. I've tried to mirror how our day would look at CES with the following makeshift home schedule. I also included some goals to work on during each activity.

- 1) Give yourself some time to all wake up and drink some coffee! Let the kids watch TV.
- 2) Breakfast
 - a. Set the table
 - b. If possible, use device to communicate (i.e. "I want pancakes")
 - c. Practice opening packages, asking for help, and cutting food
 - d. Verbs – use device or model language when opening, cutting or pouring
 - e. Practice getting 1 or 2 items at a time (i.e. "get bowl and spoon")
 - f. Clean up the table – "put in sink", "put in garbage"
- 3) Get ready for the day
 - a. Self help skills can include: brushing teeth, washing face, putting on deodorant, showering, washing hands
 - b. Dressing – putting on all items of clothes, buttoning, zipping, tying shoes
- 4) Story time
 - a. Read stories together
 - b. Practice turning pages, labeling/commenting on pictures in the book
 - c. Listen to books on YouTube (I've attached a list of some classroom favorites)
 - d. Finish by encouraging him to look at a few books independently
- 5) Walk/Movement/Exercise
 - a. Outside walks – fresh air is always nice!
 - b. Exercises – jumps, toe touches, marching in place, sit-ups, etc.

- c. Sensory integration – deep pressure on body using a therapy ball or pillow, wearing a weighted backpack during a walk, carrying something heavy,
- 6) Work
 - a. Pick 3-5 different goals to work on
- 7) Snack
 - a. Same goals as breakfast
- 8) Art
 - a. Get creative! Things we have been working on: tracing name, coloring, gluing, painting.....anything you have at home you can use!
 - b. You can make fun “fluffy paint” using shaving cream. Everyone seems to really like that!
- 9) Walk/Movement/Exercise
 - a. Same as above
- 10) Music
 - a. Play favorite music together and dance
 - b. Use instruments if you have any. If not, make your own! Ideas include: pots, pans, and bowls with a spoon, place rice/pasta in a container that can be sealed or tightly closed and use as a shaker
 - c. Practice imitation (i.e. shake high, shake low, clapping hands, stomping feet, etc.)
- 11) Lunch
 - a. Same goals as breakfast
- 12) Leisure
 - a. You know what your child likes, let him make a choice and enjoy a little down time (music, playdoh, iPad, TV, etc)
- 13) Chores
 - a. Dishes (emptying dishwasher, putting dishes in dishwasher)
 - b. Vacuuming
 - c. Sorting/folding laundry

- d. Sweeping floors
- e. Wiping tables
- f. Making bed

14) Walk/Movement/Exercise

- a. Same as above

15) Journal

- a. Pick a letter each day
- b. Start by playing the Sesame Street letter of the day song (go to YouTube and type in Sesame Street Letter of the day 'A' and it will come up)
- c. After playing the song, find 5 items in the house that begin with that letter. If possible, label the items in device.
- d. Practice saying the letter sound
- e. Finish by playing the Storybots letter song (just type into YouTube Storybots letter A and it should come up)

16) Movie

- a. Time for you to relax!

Favorite Books

- Pete the Cat: I Love My White Shoes
- Pete the Cat: Rockin' in My School Shoes
- The Ants Go Marching
- The Wheels on the Bus
- Llama Llama Misses Mama
- Groovy Joe Ice-Cream and Dinosaurs
- To Market, To Market
- Down by the Station
- This Old Man
- Over in the Meadow
- Walking Through the Jungle

**you should be able to type these into YouTube and find someone reading them out loud

The boys also enjoy listening to Pentatonix, ChuChu TV, Barefoot Books and Just Dance videos (all on YouTube)

I hope this info is helpful! This is a crazy situation and we're all just trying to navigate it together. Sending hugs to all!