

WIGGINS FAMILY HOME ISOLATION SCHEDULE

Before 9:30	Morning Routine	Wake up, eat breakfast, read, watch TV (No Video Games)
9:30-10:00	Get Started	Get dressed for day, brush teeth, make bed (No Screens)
10:00-10:15	Family Church	Worship, Prayer, Bible, Encouragement
10:15-11:00	Creative Time w/Snack	Crafts, Coloring, Make Cards, Legos, etc (No Screens)
11:00-11:30	Chores	Clean bathrooms, clean kitchen, empty dishwasher, clean rooms, clean living room
11:30-12:30	Screen Time	If everything is done, enjoy! (NO ARGUING!!)
12:30-1:00	Lunch	If everything is done, you can watch TV while you eat. If not, eat at the table
1:00-2:00	Outside Time	Family walk, wheels in the car park, trampoline, baseball practice, headphones, etc
2:00-2:30	Quiet Time	Sleep, read a book, no screens, no noise
2:30-3:30	School Work	Whatever Mom says!!!
3:30-4:30	Screen Time w/Snack	If everything is done, enjoy! (NO ARGUING!!)
4:30-5:30	Clean up/Set up	Straighten house, help prep dinner, make store run, set table, work together!!
5:30-6:00	Dinner	Eat together at table, no leaving, no screens (conversation cards?)
6:00-6:45	Wash Up	Clean kitchen, load dishwasher, baths & showers
6:45-8:30	Family Screen Time	Only if everything is done
8:30	BEDTIME	FOR BONZOS