

3:00-3:30 p.m.	Snack	<ul style="list-style-type: none"> • WASH HANDS before eating. • Eat snack; clear dishes afterward. • WASH HANDS after snack.
3:30-4:30 p.m.	Work cycle 2	<ul style="list-style-type: none"> • Younger children entertain themselves: <ul style="list-style-type: none"> – Do activity books, puzzle or arts and crafts, or read. – Practice or play a musical instrument. – Play with blocks, playdough, stuffed animals, or toys. • Older children do schoolwork. • Adults check on work or house chores or take time for self-care.
4:30-5:30 p.m.	TV time	<ul style="list-style-type: none"> • Younger children watch a TV show. • Older children do schoolwork. • Adults check on work, take time for self-care or prepare dinner.
5:30-6:30 p.m.	Dinner	<ul style="list-style-type: none"> • Adults prepare dinner and engage children to help as much as possible. • WASH HANDS before eating. • Eat dinner; clear dishes afterward. • WASH HANDS after dinner.
6:30-7:30 p.m.	Quiet time	<ul style="list-style-type: none"> • Play in bedroom. • Go to the bathroom; WASH HANDS. • Get clothes ready for tomorrow. • Adults check on work or house chores or take time for self-care.
7:30-8:30 p.m.	Bedtime	<p>Younger children and school-age children:</p> <ul style="list-style-type: none"> • Normal bedtime routine: Go to bathroom; bathe; WASH HANDS; brush teeth. • Electronics off. Relax, read a book, etc.
8:30-9:30 p.m.	Work cycle 3 (if needed)	Adults have time to work, check on house chores or relax.
9:30-10:30 p.m.	Quiet time	Adults check on house chores or relax.
10:30-11:30 p.m.	Bedtime	<p>Older children and adults:</p> <ul style="list-style-type: none"> • Normal bedtime routine: Go to bathroom; bathe; WASH HANDS; brush teeth. • Electronics off. Relax, read a book, etc.

