



Shelter in Place Daily Schedule

Before 9am	Wake-Up & Breakfast	Make your bed, get showered, get dressed, eat breakfast
9:00-10:00	Physical Activity	Go on walk or run; yoga (online videos); at home workouts
10:00-11:00	Educational Time	Feed your brain: puzzles, sudoku books, learn a new language (Duo Lingo app), creative writing, journaling
11:00-12:00	Creative Time	Drawing, crafting, play music or learn to play an instrument, creative writing, cooking and baking, adult coloring books, knitting/crocheting
12:00pm	Lunch	
12:30-2:00	Domestic Chores	Laundry, yard work, house cleaning, disinfect surroundings (wipe down furniture, handles, light switches, etc),
2:00-3:00	Quiet Time	Read, gardening, puzzles, meditation
3:00-4:30	Project Time	Reorganize (closets, garage, files); take on a home improvement project; redecorate
4:30-5:30	Fresh Air	Walk outside, biking, hiking, gardening
5:30-6:30	Dinner	Try a new recipe; try have virtual dinner with friend (via FaceTime, What's App, etc.)
6:30-7:30	Social Time	Catch up with friends or family via video or phone; set up virtual dance party or cocktail hour; play interactive games online with friends
7:30-9:00	Screen Time	TV, Video on laptops/tablets, etc (Netflix, Hulu, Amazon Prime, You Tube); social media
9:00 - 10:00	Wind Down & Bedtime	Begin winding down for bed: read, meditate, take a bath, drink calming tea