

Beginning with the Pre-Tend's general family schedule, let's look at ways to adapt to make the schedule work for all:

- Rise and have breakfast
- Exercise (walk, yoga, circle, playground) – about 40 minutes
- Short, focused Sensory Integration activity - 5 minutes
- Creative Play – about an hour for the little ones  
*Focused work/Morning Lesson for the first grade*
- Snack – 20 minutes
- Focused time (story, projects, etc.) - 20-30 minutes for the kindergarten;  
*first grader listens or plays on her own*
- Play for all, at least some of it outside – about an hour
- Lunch – 20-30 minutes
- Rest – one hour or more  
*The last 10 – 20 minutes of the hour-and-a-half rest are a time for practice work for the first grader – eventually, this will include 5 - 10 minutes of reading aloud.*
- Adventure (baking, shopping, painting, trips, etc.) – 30 minutes to two hours.  
*Twice a week this would be seasonal, handwork, or story projects for the first grader – little ones join in at their own level.*
- Snack – 20 minutes
- Outdoor play and/or creative play – one hour or more
- Settling in-time (story, songs, etc.) – 20 minutes  
*This begins with 5 minutes of recorder practice for the first grader. Eventually, the bigger ones can read to the little ones as part, but not all, of the settling back down time*
- Dinner – 30 minutes
- Bed Prep – 10-30 minutes (depending on baths)
- Family time (story, songs, etc. –  
*including a kinesthetic academic undertaking) 30 – 45 min)*
- Bed
- Parent time!