

COVID-19 SCHEDULE

9:00-9:30	Wake Up & Breakfast
9:30-10:30	Quiet Time <i>listen to a podcast, pray, worship, read your Bible, journal, take a walk</i>
10:30-12:00	School <i>put your phone away and get stuff done!</i>
12:00-1:00	Eat Lunch & Get Outside <i>run, shoot hoops, walk, go for a drive, hammock, etc.</i>
1:00-3:00	School <i>finish up anything you couldn't earlier in the day</i>
3:00-4:30	Connect <i>FaceTime a friend or cell leader, Call a friend, Go visit friends or meet with a leader if possible</i>
4:30-5:00	Be Creative <i>read, sing, paint, play an instrument, listen to music, do a craft</i>
5:00-6:00	Chores <i>Help make dinner, clean the house, play with siblings, finish up any work.</i>
6:00-7:00	Dinner
7:00-9:00	Family Time <i>play a game, watch movies, read a book together, talk</i>
9:00-10:00	Free Time <i>be on your phone, video games, go outside, work out, netflix</i>
10:00-11:00	Wind Down <i>read a book, put your phone away, journal, be still</i>
11:00-11:30	Get Ready for Bed!
11:30	BED