

GIRLS' WEEKDAY ROUTINE!

7:15 - RISE & SHINE! Time to get up, make your bed, get dressed, brush teeth and hair!

7:45 - EAT & TIDY! Time to eat a healthy breakfast and tidy up from it!

8:00 - SUN SALUTATION & SCHOOL! Time to greet the day with yoga, and do lessons!

10:30 - FINISH & CHORE! Time to finish lessons, put work away, and do our daily chores!

11:00 - FREE TIME! Time to play, color, dress up, go outside, read, do whatever you like!

12:00 - LUNCH & CHORE! Time to have a healthy lunch, and do a special chore!

1:00 - RECESS & REST! Time to play outside or rest inside!

2:00 - CRAFT & CREATE! Time to do a craft project, paint, draw, sketch, create, or color!

3:00 - TIDY & SNACK! Time to tidy up from craft time and play time, and have a snack!

4:00 - CHORE & RELAX! Time to do a special chore, and then relax or play!

5:00 - DINNER & TIDY! Time to cook, set the table, eat a healthy dinner, then tidy up!

6:00 - RELAX & BATH! Time to show your school work, relax, read, play, watch a movie or have a bath or shower!

6:30 - SLOW & STEADY! Time to show get ready for bed, make room cozy, get outfit out for tomorrow, and pick your book!

7:00 - READ & REST! Time to do a final stretch, read your books, do oils, sip water, and rest!

8:15 - SLEEP & DREAM! Time to turn out the lights! Good job today, Girls! Sweet dreams!