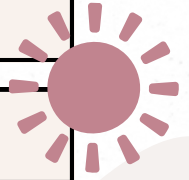


Daily Schedule for Kids

06:30

Wake-up



06:45

Independent play

07:00

Morning routine

07:30

Eat breakfast

08:00

Start school work or read and play

09:30

Snack time

10:00

Learning time

12:00

Lunch with family

12:30

Nap time

14:30

Afternoon activities

16:30

Daily screen time

17:30

Dinner time

18:30

Family time

19:00

Bedtime routine

19:30

Bedtime

