

SAMPLE DAILY SCHEDULE

FULL DAY:

- Morning Routine (use restroom, make bed, get dressed, go to sitting spot)
- Bounce on Ball while parent prepares breakfast
- Breakfast at Sitting Spot
- Brush Teeth
- Start School for homeschoolers with vestibular exercises* in between subjects/Go to School for public schoolers, then follow half day schedule upon return home)
- Lunch
- Outside Structured Play
- Continue School with vestibular exercises* in between subjects
- Stations
- Sitting Spot while parent prepares snack
- Snack at Sitting Spot
- Stations
- Dinner
- Nurturing Activity with Mom
- Bath and Bedtime Routine

*Vestibular exercises = any rocking, bouncing, swinging, spinning activity

HALF DAY (After School):

- Sitting Spot while parent prepares snack
- Snack at Sitting Spot
- Outside Structured Play
- Stations (could include Homework Station)
- Dinner
- Nurturing Activity with Mom
- Bath and Bedtime Routine

WEEKEND:

- Follow Daily Schedule, but do Stations in place of school activities
- Add a 1-2 hour Rest/Reading Time in the child's room after lunch
- Use Destination Station when going out

Sample Daily Schedule

FULL DAY:

- Morning Routine (use restroom, make bed, get dressed, go to sitting spot)
- Bounce on Ball while parent prepares breakfast
- Breakfast at Sitting Spot
- Brush Teeth
- Start School for homeschoolers with vestibular exercises* in between subjects/Go to School for public schoolers, then follow half day schedule upon return home)
- Lunch
- Outside Structured Play
- Continue School with vestibular exercises* in between subjects
- Stations
- Sitting Spot while parent prepares snack
- Snack at Sitting Spot
- Stations
- Dinner
- Nurturing Activity with Mom
- Bath and Bedtime Routine

*Vestibular exercises = any rocking, bouncing, swinging, spinning activity

HALF DAY (After School):

- Sitting Spot while parent prepares snack
- Snack at Sitting Spot
- Outside Structured Play
- Stations (could include Homework Station)
- Dinner
- Nurturing Activity with Mom
- Bath and Bedtime Routine

WEEKEND:

- Follow Daily Schedule, but do Stations in place of school activities
- Add a 1-2 hour Rest/Reading Time in the child's room after lunch
- Use Destination Station when going out