

Jason's Holiday Schedule Sample (9-year-old)

<u>Time</u>	<u>Activities</u>	List of activities to choose from for free time Videogames Toys Play with siblings/ friends Video-call to friend(s) Play outside Relax and do nothing Watch TV Listen to music Exercise Reading Drawing Artwork Others: _____ _____ _____
9am	Wake-up & breakfast	
10am	Free time (refer to List of Activities)	
11am	Homework or study <ul style="list-style-type: none">- Complete school assignments OR parent-assigned extracurricular books- Read academic materials, or watch academic-related videos Note to parents: <ul style="list-style-type: none">a) Make sure you list down a concrete list of expected learning activities, and review them with your child.b) Make changes to the assignments based on child's attentional span or motivation.c) Make sure to include rewards !!	
12pm	Break / Free Time	
12:30 – 2 pm	Lunch and free time	
2pm – 4pm	Homework / Learning time Note to parents: For younger children, studying time should be shorter OR include frequent breaks in between	
4-6pm	Free time indoors and/or outdoors OR Family activity OR Extra-curricular classes	
6pm – 8pm	Shower, then dinner	
8pm -9pm	Free time/ family time	
9pm	Getting ready for bed	
9:30pm	Bedtime	

If Jason completes 50% of the learning activities, he earns _____	
75% of the learning activities, he earns _____	
100% of the learning activities, he earns _____	