

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

<u>Time</u>	<u>Activities</u>	List of activities to choose from for free time
9am	Wake-up & breakfast	Videogames
10am	Free time (refer to List of Activities)	Toys
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 !! 	Play with siblings/friends Video-call to friend(s) Play outside Relax and do nothing
12pm	Break / Free Time	Watch TV
12:30 – 2 pm	Lunch and free time	Listen to music
2pm – 4pm	Homework / Learning time Note to parents: For younger children, studying time should be shorter OR include frequent breaks in between	Exercise Reading Drawing
4-6pm	Free time indoors and/or outdoors OR Family activity OR Extra-curricular classes	Artwork Others:
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		_____