

Sample Daily Routines for Teens:

Home-School Day Routine

8:30-9:00am	Wake up
9:05am	Stretches/Yoga
9:20am	Shower, brush teeth
9:40am	Make bed
9:45am	Eat breakfast
10:00am	Start school work
11:30am	Exercise/snack break
11:45am	School Work
12:45pm	Lunch break
1:15pm	School work
2:45pm	Exercise/snack break
3:00pm	School work
4:30pm	End school, start fun/creative activities



Daily Routine



Morning

- Awake by 9:30am
- Morning meditation/Yoga practice
- Make Bed
- Shower and/or get dressed
- Eat breakfast
- Brush Teeth
- Start school work
- Exercise/Stretch break
- Continue school work
- Lunch (FaceTime with friends?)

Afternoon/ Evening

- Reading/rest
- Continue school work
- Snack break
- Finish school work
- Get outside
- Free fun time
- Dinner
- TV
- Yoga/Stretching
- Reading
- Bedtime by 11pm