

Daily Rhythm

6:00	Exercise, Shower, Bible, Prayer, Reading
7:30	Morning time - Read aloud, morning prayers, saint of the day, Bible chapter, hymn, memory verse
8:30	Breakfast
9:00	Morning chores (free play after) A - kitchen clean, bed made, laundry in/folded/away, Sophia ready J - Clear table, silverware, wash dish, dressed, bed made, room clean, teeth M - crumb brush, wipe table, wash dish, dressed, bed made, room clean, teeth
10:00	Main lessons - James, sometimes Miriam (15 minutes max for each): math, reading lessons, nature projects, Children's Garden of the Theotokos table work. Note: come up with small tasks or projects for Miriam and Sophia. Free play after for all.
11:15	Circle Time: 6th Hour, song of the day, children's Bible, visual catechism, picture books, poetry, songs, letters, calendar, weather
12:00	Lunch - children help prepare
12:30	Afternoon chores: A: kitchen clean, weekly chores, straighten J - crumb brush, wipe table, pick up playroom, weekly chore M - sweep, pick up playroom, weekly chore
1:30	Read aloud
2:00	Quiet time - books, audio stories
3:00	Free art, seasonal craft, or handwork. Play music.
3:30	Free time for all. Outside if possible.
4:30	Dinner prep.
5:30	Dinner
6:15	Clean up together. Kitchen, floor, playroom, straighten
6:45	Bedtime routine - PJs, teeth, story, prayers, songs
7:30	Children's bedtime
9:30	Adult bedtime

Daily Rhythm