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| **Morning** | **Activity** |
| 9am to 9:15am | [Learning workbook](https://kidactivitieswithalexa.com/en/one-year-old-workbook/) and/or Art (this could be simple as drawing with crayons or more elaborate to play with paint) |
| 9:15am to 10am | Music/ Fine Motor Skill Activity (We sing and read the poem or book chosen for the week) |
| **10:00am to 10:30am** | **Snack and free play** – it is the time I choose a playdate or when I host a mommy & me events. If I have to stay home see below |
| 10:30 – 10:45am | Critical Thinking (this could be a puzzle or a more challenging activity from the [MY FIRST SCHOOL CURRICULUM](https://kidactivitieswithalexa.com/en/my-first-school-a-one-year-old-curriculum/)) |
| 10:45am – 11:30am | Independence Play (so I can get lunch ready) |
| **11:30am – 12:00** | **Lunch** |
| **12:00pm – 2:00pm** | **Nap Time** (This is my time where I work for my part-time job, clean, blog, plan my next Mommy & Me sensory class or watch Netflix.. it all depends on my mood) |
| 2:00pm – 2:30pm | Sensory or fine motor skills activity |
| 2:30pm – 2:45pm | Independence Play (while I put away the sensory bin) |
| 2:45pm – 3:30pm | Going to pick up brother at school (usually, we sing in the car) |
| 3:30pm – 4:15pm | Play Outside / Gross motor skills activity |
| 4:15pm – 4:45pm | Language Development Activity like reading our favorite book, pretend play or playing with puppets |
| 4:45pm – 5:15pm | Play outside or go to the community park |
| 5:15pm – 6:00pm | Free Play (with dad after dad comes from work and I can prep dinner) |
| 6:00pm on… | Dinner and bed routine |

**OUR SCHEDULE**