

Faith Berens, M.ED. Reading Specialist

Equipping Minds Therapist

Sample Homeschool Routine Integrating In Equipping Minds:

8:00-9:00 a.m.-Wake up

9:00-9:45 a.m.-Breakfast and Morning Chores

9:45-10:00 a.m.-**Primitive Reflexes-Maintaining Brains Every Day DVD**

10:00-10:30 a.m.-Read Aloud/Morning "Basket"/Morning "Meet Up", **Bible, Fables, or Poetry**, and Stare Jr. or Picture Study with Aristotle's 10 Categories of Being

10:30-11:30 a.m.-Math and Healthy Snacks (**Deck of Cards, Blink, Quitch, UNO, Set, Numbers page, Number Line**)

11:30-12:30 a.m.-Language Arts (phonics, spelling, grammar, handwriting/copy work) ***Vowel Hunt, Letters, Colored Arrows, Stroop Effect, Deck of Cards, Blink, Cubes for Sounds, Number Hunt, Tic Tac Toe with Letters, Spot It (Make a Sentence and write it, copy it)**

Outside Time/Recess/Break Time

1:00/1:30 p.m. Lunch

1:30-2:30 p.m.-Read Aloud/Rest/(*Nap time for littles); Quiet Time, journal, sketch, handi-crafts, art, puzzle, read)

2:30-3:30 p.m.-Science or History (Outside); **Spot It!, Animals, Presidents**

3:30-4:30 p.m."ish"-Healthy Snack and Outside Time (walk, bikes, exercise, play game, kick soccer ball, etc.)

4:30-5:30 p.m.-Games, Educational DVD's, Audio book, project time, computer time; ***Work in EM Processing Card Games here or Color Code; **Wear Sound Therapy!**

5:30-6:00 p.m.-Meal prep (Kids help); Review/**Recall Presidents;**

6:00/6:30 p.m. Mealtime and clean-up (kids help); **set the microwave timer for 1 minute and Do "Make A List"; Presidents**

7:00-9:00 p.m. Family Time and Free/Fun Time (**play some EM Games, Tic Tac Toe with Presidents**)

9:00-9:30 p.m. Bedtime routine, hugs, snuggles/story time