




DAILY *at-home* SCHEDULE

**with an
academic focus**

created by Growing Hearts & Teachaholic





Mor Zrihen at Growing Hearts: Mindful Parenting & I have worked together to create an editable SUGGESTED DAILY SCHEDULE to help you establish a healthy and manageable routine while your child(ren) are learning at home.

We truly hope it comes in handy! Feel free to save a copy and EDIT to fit the needs of your family.

****Download a copy of the EDITABLE schedule****

Follow us for ideas, tips, and resources to make your home-learning experience stress-free 😊

