

Chappaqua Central School District's  
Special Education Department  
&  
The Arc Westchester

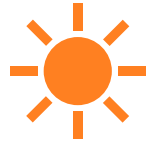
# Summer Routines & Maintaining Skills

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# Presentation Overview



Benefits of summer  
schedule and routine



Morning and Evening  
Routines



Types of schedules



Managing Screen  
time



Sample Schedules



Activities & Resources

**Note:** Presentation slides will be shared via email.



# Benefits of Summer Routine & Schedule



# Strategies for Continued Learning & Engagement Over Summer Breaks:



PLAN



ROUTINE



CLEAR  
EXPECTATIONS



VISUAL  
SCHEDULE



REVIEW





# Plan

Plan ahead and discuss these plans with your young adult child.

- Review upcoming plans on a daily, weekly, monthly basis. Determine what makes sense for your family and schedule.

Give them the opportunity to ask questions about any activities.

Keep a copy of the plan in a central location of the house for future reference (e.g., refrigerator)





# Routines

## Strategies for Continued Learning & Engagement Over Summer Breaks

# What makes a good routine?

The best routines will be the ones that suit you and your child, and that make your daily family life easier.

Effective routines also generally share three key features. These routines are:

**well planned** – good routines are clear, and everyone in the family understands their role and knows what they need to do

**regular** – good routines become part of everyday family life

**predictable** – in a good routine, things happen in the same order each time.





# Ideas for daily routines

- Getting ready in the morning or winding down after coming home from school or summer activities
- Doing laundry or other chores like making beds and cleaning rooms
- Doing homework or practicing skills
- Family time
- Relaxing and getting ready bed



# Designing a New Routine



**List the individual steps in the order they need to happen**

The steps for a new morning routine might be:

7-7:30 am – wake-up

7:30 am – eat breakfast & clean-up dishes

8:00 am – wash face, brush teeth, brush hair

8:15 am – make bed and tidy room

8:30 am – check weather, get dressed

8:45 am – review today's schedule

*This step involves working out the timing of the routine. How much time does each step take? What time will you need to start so you can get everything done and allow time for the unexpected?*

**The Arc.**  
Westchester  
New York

Stress-free  
Morning Routine  
for introverts



ourmindfullife.com

night routine ☆

- 5:30- Dinner 🍷
- 5:50- Family time 👨‍👩‍👧
- 6:40- Pack lunch 🍱
- 6:50- Head upstairs ⬆️
- 6:51- Stretch 🧘
- 7:00- Shower 🚿
- 7:15- Put some PJ's on 💕
- 7:18- Teeth 🦷
- 7:20- Skin care 🧴 (face masks)
- 7:30- Choose an outfit for the next day 👗
- 7:40- Pack bag 🧳
- 7:45- Text friends
- 8:00- Watch Netflix/ YouTube 📺
- 8:40- Read 📖
- 8:50- Lights off 💡
- 9:00- Night, Night 🌙

daily routine



my morning routine checklist

bedroom

- open the curtains
- make my bed
- get dressed
- put my pjs in the hamper

bathroom

- wash my hands with soap
- brush my teeth
- comb my hair
- put on deodorant
- wipe down the sink

school stuff

- pack any special items
- check your supplies
- pack glasses if needed
- fill up my water bottle
- put my lunch in my bag

weather check

- do I need my umbrella?
- do I need my coat or hat?

BEDTIME ROUTINE CHECKLIST

FINISH FOR TODAY

- EMPTY HANDBAG
- TICK OFF TO DO LIST
- SPEED CLEAN

PREPARE FOR TOMORROW

- LAY OUT CLOTHES
- WRITE TO DO LIST
- CHECK CALENDAR
- PACK BAG

'YOU' TIME

- BRUSH TEETH
- DRINK HERBAL TEA
- SKINCARE ROUTINE
- BRUSH HAIR
- TAKE MEDS/VITAMINS
- JOURNALLING
- DRINK WATER
- 25 MINS READING

www.emilyagaard.com

# Clear Expectations



## “SCHOOL VACATION RULES”



## WHEN ITS TIME TO PLAY ELECTRONICS

### SCHOOL VACATION RULES

You may have time on the computer / iPad / TV after you've finished this list.

**CHORES**

- Get dressed
- Make your bed
- Brush your teeth
- Brush your hair
- Pick up your room
- Clean one room:
- 
- 
-

**WRITE**


- Write a short story or color for 20 minutes
- 

**PLAY**

- Play inside for 30 minutes
- Play outside for 1 hour (no sitting!)
- 
-

**READ**

- Read for 30 minutes
- 
- 




**Do Something Nice!**  
If you're not sure, ask!

**Are you all finished?**

LIVINGWELLMOM.COM

### No Screen Time Until...

- You have read for 20 minutes.
- You have played, built, or crafted something.
- You have finished your math problem of the day.
- You have written in your daily journal.
- You have completed one chore.
- You have made your bed, put your clothes away, and checked your room.



My WEEKLY TRACKER:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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modern in family



# Visual Schedule

Using a visual schedule promotes engagement, independence, structure and responsibility

Types of schedules

- picture, written, check-list
- Monthly schedule, daily schedule, and weekly

# Review

Hold a Weekly or Daily  
“Review” with Your Child



# Schedules

Sample Schedules for Summer

Time:	Sample Summer Schedule For Days @ Home
7:30 AM – 9:00 AM	<input type="checkbox"/> Morning Routine
9:00 AM	<input type="checkbox"/> Leisure Activity or Technology (phone, tablet, laptop, T.V.)
9:30 AM	<input type="checkbox"/> Reading, watch news or listen to podcast
10:00 AM	<input type="checkbox"/> Go on walk
10:45 AM	<input type="checkbox"/> Clean upstairs and downstairs bathroom mirrors <input type="checkbox"/> empty and load dishwasher
12:00 PM	<input type="checkbox"/> Wash hands & prepare lunch
12:30 PM	<input type="checkbox"/> Eat Lunch <input type="checkbox"/> clean-up
1:00 PM	<input type="checkbox"/> Leisure Activities and/or Technology (phone, tablet, laptop, T.V.)
1:30 PM	<input type="checkbox"/> eXploreWork, Career Planning & Job Exploration Lessons 1 and 2 <input type="checkbox"/> Typing Club
5:30 PM	<input type="checkbox"/> Family time
6:00 PM	<input type="checkbox"/> Dinner <input type="checkbox"/> Help clean-up
7:00 PM	<input type="checkbox"/> Practice piano <input type="checkbox"/> Yoga
8:30 PM	<input type="checkbox"/> Evening Routine
10 PM	<input type="checkbox"/> Reading, journaling, reflection,
10:15 PM	Go to bed



Time:	Sample Summer Schedule For Days @ Home
7:30 AM – 9:00 AM	<input type="checkbox"/> Morning Routine
9:00 AM	<input type="checkbox"/> Leisure Activity or Technology (phone, tablet, laptop, T.V.)
9:30 AM	<input type="checkbox"/> Reading, watch news or listen to podcast
10:00 AM	<input type="checkbox"/> < INSERT ONE PHYSICAL ACTIVITY > (walk, yoga, weights, bike ride, swim, gym, trampoline)
10:45 AM	<input type="checkbox"/> <INSERT TWO CHORES> <input type="checkbox"/>
12:00 PM	<input type="checkbox"/> Wash hands & prepare lunch
12:30 PM	<input type="checkbox"/> Eat Lunch <input type="checkbox"/> clean-up
1:00 PM	<input type="checkbox"/> Leisure Activities and/or Technology (phone, tablet, laptop, T.V.)
1:30 PM	<input type="checkbox"/> < INSTERT TWO Independent ACTIVITIES > <input type="checkbox"/>
5:30 PM	<input type="checkbox"/> Family time
6:00 PM	<input type="checkbox"/> Dinner <input type="checkbox"/> Help clean-up
7:00 PM	<input type="checkbox"/> < INSTERT TWO LEISURE ACTIVITITES> <input type="checkbox"/>
8:30 PM	<input type="checkbox"/> Evening Routine
10 PM	<input type="checkbox"/> Reading, journaling, reflection,
10:15 PM	Go to bed

### Leisure Activities:

- Journaling
- Games
- Reading
- Art
- Practice instrument
- Listen to podcast
- Physical activity
- Walk dog

### Independent Activities:

- eXploreWork
- Typing Club
- Free Rice
- Career One Stop
- The Youthhood
- Data Entry

### Chores:

- Empty & load dishwasher
- Laundry (sort, wash, fold)
- Vacuum
- Bathroom mirrors
- Garbage and Recycling

## Sample Checklist Schedule

Create a daily schedule. Begin with wake-up time and times throughout the day in which at least 2 different activities will occur.

Time	Activity	Complete (put a check)
7:30	Wake up	
7:45	Get dressed	
8:00- 8:30	Make and eat breakfast	
8:30-9:00	Brush teeth, make bed, finish getting ready	
9:00-11:25	<INSERT 1 or 2 ACTIVITIES HERE>	
11:30-12:00	Make and eat lunch	
12:00-3:00	<INSERT 1 or 2 ACTIVITIES HERE>	
3:00-3:15	Snack	
3:15-4:45	Leisure activities (iPad, TV, games, etc.)	
4:45-6:00	<INSERT 1 or 2 ACTIVITIES HERE>	
6:00-7:00	Dinner	
7:00-9:00	Leisure activities	
9:00-9:30	Get ready for tomorrow: Review schedule for tomorrow, set alarm for tomorrow morning, lay out clothes for tomorrow	
9:30-10:00	Get ready for bed: brush teeth, wash face	
10:00	Read/go to bed	



# Today's Schedule




art



science



music group




lunch



break



English



geography



gym



swimming



multimedia class

1		<input type="checkbox"/>
2		<input type="checkbox"/>
3		<input type="checkbox"/>
4		<input type="checkbox"/>
5		<input type="checkbox"/>



Start over



Clear checks



Review

# DRAKE

## Morning Routine {8:00 - 11:00}

- Vitamins
- Eat Breakfast
- Brush Teeth
- Do Hair
- Make Bed
- Clean Room
- iAllowance App
- Swim 1 Hour

Only If ALL Completed:  
11:00 - 11:00 Technology Time

## Evening Routine {5:00 - 6:00}

- Help make Dinner
- Clean Kitchen
- Pick up House
- Bath

After Dinner is Quiet Time:  
Outside, Read, Play in Lego  
Room or Bedroom.  
{unless quests are here}

## Afternoon Routine {1:00 - 3:00}

- Eat Lunch
- Math Apps
- Kindle Apps
- Swim 1 Hour

Only If ALL Completed:  
3:00 - 5:00 Technology Time

## Bedtime Routine {8:00 - 9:00}

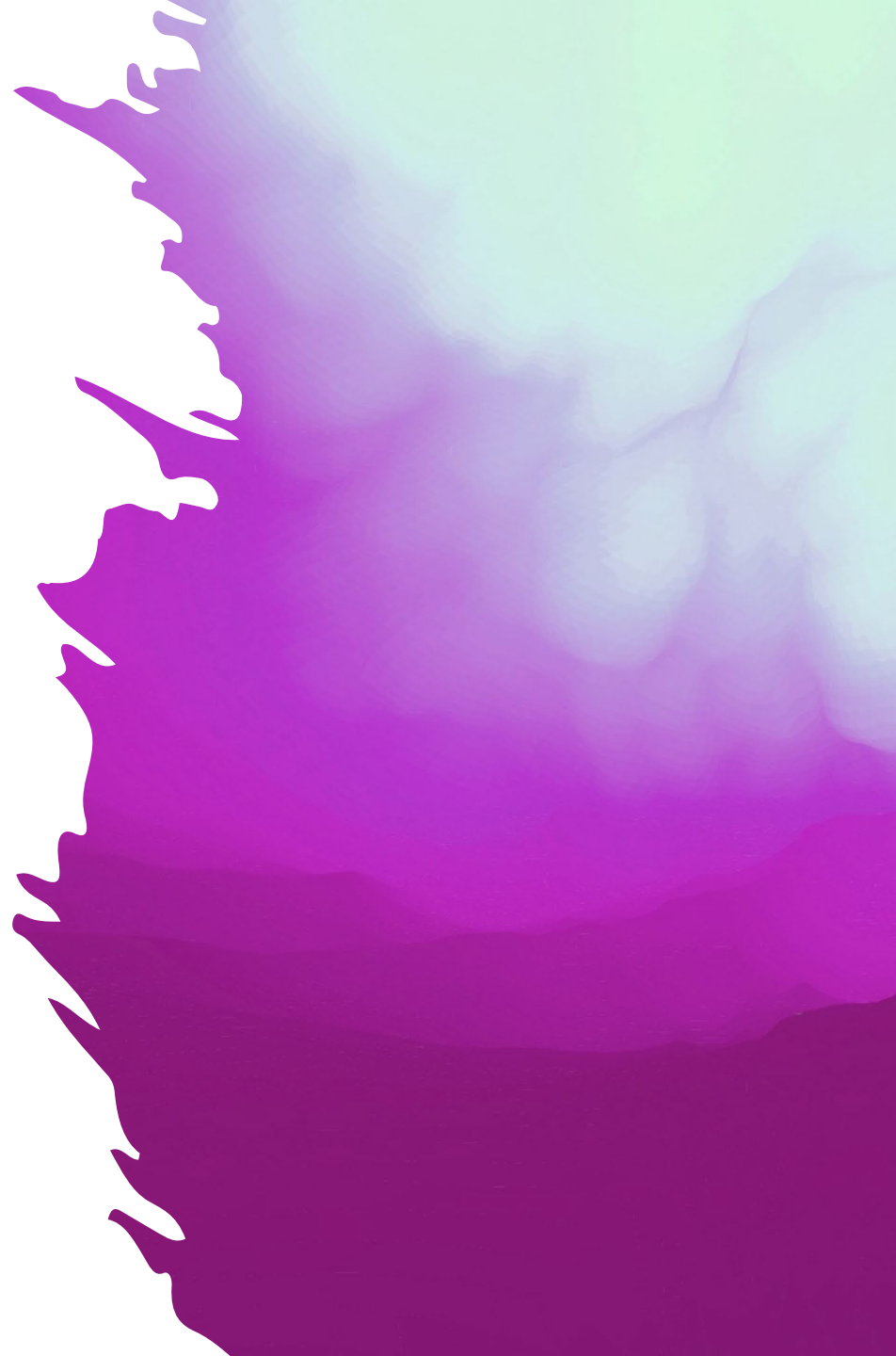
- Protein Shake
- Brush Teeth
- Read Scriptures
- In room by 9:00



# DAILY Summer SCHEDULE

TIME	ACTIVITY
8 am	Wake up, get dressed and have breakfast
9 am	Morning Chores
10 am	Reading time
11 am	Play outside or play by yourself
12 pm	Lunch
1 pm	Play outside, watch TV or take a nap
2 pm	Activity from the Summer bucket list
3 pm	Activity from the Summer bucket list
4 pm	Activity from the Summer bucket list
5 pm	Bath time
6 pm	Dinner time + evening chores
7 pm	Electronics time
8 pm	Story time + bed time

Activities



## Leisure Activities:



- Swimming
- Walking Dog
- Bike ride
- Trampoline
- Yoga
- YouTube Exercise videos
- Listening to Podcast
- Music, practicing an instrument
- Art (painting, drawing, coloring)
- Crafts (jewelry making, projects)
- Puzzles, Word Searches, Sudoku
- Reading or listening to book on tape
- Gardening
- Hike
- Checking e-mail
- Meditation and quiet reflection
- Journaling, writing
- Playing with dog outside
- Cooking, baking or finding recipes





## Household Chores:

- Water indoor plants.
- Feed pets
- Clean-up litter box
- Walk dog
- Laundry (sorting, folding and/or running wash)
- Help with choosing meals and shopping
- Help with meal preparation and serving
- Vacuum or sweep floors
- Clean the bathroom sinks and countertops
- Clean bathroom mirrors Empty and load dishwasher
- Handwash and dry dishes
- Mow lawn
- Weed, plant and tend to outdoor garden
- Take out garbage and recycling
- Change bedding
- Steam wrinkled clothes
- Clean refrigerator
- Organize mudroom
- Wash car





# Independent Activities:

## Workbooks and Curriculum-Based Websites:

- [The Youthhood - Where teens prepare for life after high school](#)
- Career One Stop: [Interest Assessment Questions | CareerOneStop](#)
- [Explore Work | Future planning for teens with disabilities \(explore-work.com\)](#)
- Disability Disclosure: [The 411 On Disability Disclosure Workbook for Youth with Disabilities](#)



## Educational Game Websites:

- Educational Trivia Games: <https://freerice.com/categories>
- Educational Games: <https://kids.nationalgeographic.com/games>
- Arcademic Games: <https://www.arcademics.com/games/>
- Google Presents: [Play Interland - Be Internet Awesome](#)
- Band Runner (Social Stories): [https://www.thinkuknow.co.uk/8\\_10/](https://www.thinkuknow.co.uk/8_10/)
- Typing Club, Placement Test: <https://www.typingclub.com/sportal/program-3.placement>
- Workforce Simulation Apps: [Games for Learning | Simcoach Games](#)



JobPro: My Life Games



JobPro: Get Hired! Games



JobPro: Get Dressed! Games



JobPro: Get Prepared! Games





# Questions?

Thank you!

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