

Sunday

Time	Activity	Details
7:00 AM -	Wake Up and Basic	Morning wash-up, brushing teeth.
7:20 AM	Hygiene	
7:20 AM -	Morning Outdoor	Light play in a cooler outdoor
7:40 AM	Play	environment.
7:40 AM -	Yoga and Meditation	Child-friendly yoga and short meditation.
8:00 AM		
8:00 AM -	Breakfast	A nutritious start to the day.
8:30 AM		
8:30 AM -	Academic Time	Focused learning with educational
9:30 AM		activities.
9:30 AM -	Creative Play	Drawing, painting, crafting.
10:00 AM		
10:00 AM -	Snack and Free Play	Healthy snack and self-directed playtime.
- 10:30		
AM		
10:30 AM -	Reading Time	Quiet reading.
- 11:00		
AM		
11:00 AM -	Indoor Physical	Dance party, indoor games.
- 12:00	Activity	
PM		
12:00 PM -	Lunch	Well-balanced meal.
- 12:30		
PM		
12:30 PM -	Quiet Time	Rest or quiet play.
- 1:00 PM		
1:00 PM -	Educational Games or	Puzzles, board games.
2:00 PM	Puzzle Time	
2:00 PM -	Science or Art Project	A simple project or experiment.
3:00 PM		
3:00 PM -	Snack and Free Play	Healthy snack and leisure time.
3:30 PM		
3:30 PM -	Late Afternoon	Treasure hunt, simple sports.
4:30 PM	Outdoor Play	
4:30 PM -	Basic Hygiene and	Washing up, staying hydrated.
5:00 PM	Cool Down	
5:00 PM -	Evening Prayer (Puja)	Family prayer or meditation.
5:30 PM		
5:30 PM -	Dinner	Family mealtime.
6:00 PM		
6:00 PM -	Wind Down Time	Storytelling, listening to music.
7:00 PM		

Time	Activity	Details
7:00 PM - 8:00 PM	Bedtime Routine	Bath, brushing teeth, bedtime story.
8:00 PM - 8:30 PM	Lights Out	Bedtime.

Monday

Time	Activity	Details
7:00 AM - 7:20 AM	Wake Up and Basic Hygiene	Begin with personal hygiene routines to start the day fresh.
7:20 AM - 7:40 AM	Morning Outdoor Play	Engage in gentle stretching or simple yoga poses outside.
7:40 AM - 8:00 AM	Meditation and Mindfulness	Practice mindfulness with breathing exercises to set a positive tone for the day.
8:00 AM - 8:30 AM	Breakfast	A healthy and nutritious breakfast.
8:30 AM - 9:30 AM	Math and Logic Games	Interactive math games or puzzles to promote problem-solving skills.
9:30 AM - 10:00 AM	DIY Craft Project	A simple DIY project, such as making bookmarks or paper animals.
10:00 AM - 10:30 AM	Snack and Independent Reading	Enjoy a healthy snack followed by independent reading time.
10:30 AM - 11:00 AM	Educational Videos	Watch an educational video related to an upcoming science project or art activity.
11:00 AM - 12:00 PM	Dance and Movement	Indoor dance party or mimicking animal movements to encourage physical activity.
12:00 PM - 12:30 PM	Lunch	Enjoy a balanced lunch.
12:30 PM - 1:00 PM	Quiet Time	Engage in silent reading or work on a jigsaw puzzle.
1:00 PM - 2:00 PM	Geography Exploration	Use maps or globes to learn about different countries, incorporating stories or facts about each place.
2:00 PM - 3:00 PM	Nature Art Project	Create art inspired by nature, such as leaf painting or rock decorating.
3:00 PM - 3:30 PM	Snack and Free Play	A nutritious snack followed by a period of free play.

Time	Activity	Details
3:30 PM - 4:30 PM	Gardening on the Terrace	Spend time tending to a small plant or creating a mini garden, learning about plant care.
4:30 PM - 5:00 PM	Basic Hygiene and Cool Down	Cool down with some indoor relaxation activities.
5:00 PM - 5:30 PM	Evening Prayer (Puja)	Participate in a family puja, perhaps introducing a story related to the prayer for the day.
5:30 PM - 6:00 PM	Dinner	A family meal together, discussing the day's learning and activities.
6:00 PM - 7:00 PM	Wind Down Time	Engage in quieter activities like reading or drawing to calm down before bed.
7:00 PM - 8:00 PM	Bedtime Routine	Prepare for bed with a soothing bath, brushing teeth, and getting into pajamas.
8:00 PM - 8:30 PM	Lights Out	Settle into bed for a good night's sleep.

Tuesday

Time	Activity	Details
7:00 AM - 7:20 AM	Wake Up and Basic Hygiene	Start the day with brushing, washing face, and a refreshing shower.
7:20 AM - 7:40 AM	Morning Nature Walk	A brief walk outdoors to observe nature and discuss the weather, plants, or animals seen.
7:40 AM - 8:00 AM	Breathing Exercises	Simple breathing exercises to foster calmness and focus for the day.
8:00 AM - 8:30 AM	Breakfast	A nutritious breakfast to energize for the morning activities.
8:30 AM - 9:30 AM	Language Arts Time	Engage in storytelling, reading, and creative writing exercises.
9:30 AM - 10:00 AM	Music Exploration	Explore different types of music or instruments, encouraging rhythm and melody recognition.
10:00 AM - 10:30 AM	Snack and Puzzle Time	A healthy snack followed by solving puzzles or brain teasers.
10:30 AM - 11:00 AM	Science Experiment	Conduct a simple science experiment, such as a baking soda volcano or creating slime.

Time	Activity	Details
11:00 AM - 12:00 PM	Creative Movement	A session of creative dance or movement activities inspired by music or stories.
12:00 PM - 12:30 PM	Lunch	A balanced and enjoyable lunch.
12:30 PM - 1:00 PM	Quiet Time	Quiet activities like coloring or individual play with a favorite toy.
1:00 PM - 2:00 PM	Virtual Museum Tour	Explore a virtual museum or zoo online to learn about art, history, or animals.
2:00 PM - 3:00 PM	Building and Construction	Use building blocks, Lego, or cardboard to construct models or structures.
3:00 PM - 3:30 PM	Snack and Free Play	A nutritious snack followed by a period of free, unstructured play.
3:30 PM - 4:30 PM	Indoor Obstacle Course	Set up a simple indoor obstacle course using cushions and furniture for physical activity.
4:30 PM - 5:00 PM	Basic Hygiene and Cool Down	Time for washing up and relaxing after active play.
5:00 PM - 5:30 PM	Evening Prayer (Puja)	Participate in a family puja, focusing on mindfulness and gratitude.
5:30 PM - 6:00 PM	Dinner	Enjoying dinner together, discussing the day's activities.
6:00 PM - 7:00 PM	Wind Down Time	Calm activities like storytelling or gentle yoga to prepare for bedtime.
7:00 PM - 8:00 PM	Bedtime Routine	Bath time, brushing teeth, and getting ready for bed.
8:00 PM - 8:30 PM	Lights Out	Settle down for a restful night's sleep.

Wednesday

Time	Activity	Details
7:00 AM - 7:20 AM	Wake Up and Basic Hygiene	Morning hygiene routine to freshen up and start the day.
7:20 AM - 7:40 AM	Sunrise Observation	Spend time on the terrace observing the sunrise, discussing the colors and shadows observed.
7:40 AM - 8:00 AM	Stretching and Mindfulness	Gentle stretching exercises followed by a short mindfulness session focusing on gratitude.

Time	Activity	Details
8:00 AM - 8:30 AM	Breakfast	A healthy breakfast to provide energy for the day's activities.
8:30 AM - 9:30 AM	Environmental Science Time	Learning about the environment through themed activities or stories about recycling, plants, or animals.
9:30 AM - 10:00 AM	Shadow Drawing	Use the morning sunlight on the terrace to create shadow drawings with toys or objects.
10:00 AM - 10:30 AM	Snack and Independent Play	A nutritious snack followed by a short period of independent play.
10:30 AM - 11:00 AM	Interactive Reading	Read a book together, focusing on engaging with the story through questions and predictions.
11:00 AM - 12:00 PM	DIY Recycle Craft	Create a simple craft project using recyclable materials to teach the importance of recycling.
12:00 PM - 12:30 PM	Lunch	Enjoy a wholesome lunch together.
12:30 PM - 1:00 PM	Quiet Time	Rest or engage in quiet activities like drawing or solo puzzles.
1:00 PM - 2:00 PM	Geography Puzzle	Work on a world map puzzle or a game that teaches geographical knowledge.
2:00 PM - 3:00 PM	Planting Activity	Plant a seed in a small pot, discussing the growth process and the care it will need.
3:00 PM - 3:30 PM	Snack and Free Play	A healthy snack followed by leisure time for play.
3:30 PM - 4:30 PM	Water Play	Engage in gentle water play on the terrace, such as with water balloons or a small splash tub, to cool off.
4:30 PM - 5:00 PM	Basic Hygiene and Cool Down	Washing up after outdoor play and relaxing.
5:00 PM - 5:30 PM	Evening Prayer (Puja)	Participation in family prayer, fostering a sense of peace and community.
5:30 PM - 6:00 PM	Dinner	A family meal to discuss the day and share stories.
6:00 PM - 7:00 PM	Wind Down Time	Calm activities such as reading together or listening to soothing music.
7:00 PM - 8:00 PM	Bedtime Routine	Preparing for bed with a bath, teeth brushing, and putting on pajamas.
8:00 PM - 8:30 PM	Lights Out	Settling into bed for a night of restful sleep.

Thursday

Time	Activity	Details
7:00 AM - 7:20 AM	Wake Up and Basic Hygiene	Start the day with personal hygiene routines for a fresh beginning.
7:20 AM - 7:40 AM	Balcony Bird Watching	Spend time observing and discussing the birds seen from the balcony or window.
7:40 AM - 8:00 AM	Calisthenics for Kids	Simple bodyweight exercises to promote physical fitness and energy.
8:00 AM - 8:30 AM	Breakfast	Enjoying a healthy breakfast to kickstart the day.
8:30 AM - 9:30 AM	World Cultures Lesson	Explore a new culture through stories, music, and art activities, learning about different traditions and lifestyles.
9:30 AM - 10:00 AM	Cultural Craft Project	Create a craft related to the culture being explored, such as a traditional mask or a simple musical instrument.
10:00 AM - 10:30 AM	Snack and Free Play	A nutritious snack followed by a period of self-selected play.
10:30 AM - 11:00 AM	Language Learning	Introduction to basic phrases in a language related to the culture being studied.
11:00 AM - 12:00 PM	Kitchen Science	Perform a simple and safe kitchen science experiment, like making a volcano with vinegar and baking soda or creating invisible ink with lemon juice.
12:00 PM - 12:30 PM	Lunch	A themed lunch, if possible, to complement the day's cultural exploration.
12:30 PM - 1:00 PM	Quiet Time	A period for rest or silent reading, possibly exploring more about the day's theme.
1:00 PM - 2:00 PM	Puzzle Time	Solve a jigsaw puzzle or brain teasers for critical thinking development.
2:00 PM - 3:00 PM	Basic First Aid Skills	Teach simple first aid skills, such as what to do in case of small cuts, the importance of cleanliness, and how to use a bandage.
3:00 PM - 3:30 PM	Snack and Story Time	A healthy snack followed by reading a story or fable from the culture studied in the morning.
3:30 PM - 4:30 PM	Relay Races and Games	Organize simple relay races or games that encourage physical activity and teamwork.

Time	Activity	Details
4:30 PM - 5:00 PM	Basic Hygiene and Cool Down	Wash up and relax after physical activity, emphasizing the importance of cleanliness.
5:00 PM - 5:30 PM	Evening Prayer (Puja)	Participate in the family's evening puja, fostering spiritual awareness and gratitude.
5:30 PM - 6:00 PM	Dinner	Family dinner, discussing what was learned and enjoyed throughout the day.
6:00 PM - 7:00 PM	Wind Down Time	Engage in quiet activities, preparing for the end of the day.
7:00 PM - 8:00 PM	Bedtime Routine	Bath, teeth brushing, and getting ready for bed, followed by a bedtime story.
8:00 PM - 8:30 PM	Lights Out	Ensuring a restful night's sleep.

Friday

Time	Activity	Details
7:00 AM - 7:20 AM	Wake Up and Basic Hygiene	Start the day refreshed with morning hygiene routines.
7:20 AM - 7:40 AM	Gentle Yoga and Stretching	Engage in gentle yoga and stretching exercises to wake up the body and mind.
7:40 AM - 8:00 AM	Gratitude Journaling	Spend some time writing or drawing things the child is thankful for, fostering a positive mindset.
8:00 AM - 8:30 AM	Breakfast	A nutritious breakfast to fuel the day ahead.
8:30 AM - 9:30 AM	Fun Science Project	Engage in a fun, interactive science project like building a simple robot or a solar system model.
9:30 AM - 10:00 AM	Interactive Story Time	Use story dice or a story prompt to create and tell a story together, enhancing creativity and language skills.
10:00 AM - 10:30 AM	Snack and Free Play	A healthy snack followed by a period of self-chosen play.
10:30 AM - 11:00 AM	Local Wildlife Research	Research and discuss local wildlife, using books or safe online resources to learn about animals that live in their area.
11:00 AM - 12:00 PM	Treasure Hunt	Organize a simple treasure hunt around the house or terrace, incorporating clues related to the week's learning themes.

Time	Activity	Details
12:00 PM - 12:30 PM	Lunch	Enjoy a meal together, discussing the morning's adventures.
12:30 PM - 1:00 PM	Quiet Time	A period for rest or silent reading, reflecting on the week.
1:00 PM - 2:00 PM	Art Project	Create art inspired by the week's activities, using a mix of drawing, painting, or collage.
2:00 PM - 3:00 PM	Basic Cooking Skills	Teach simple, child-friendly cooking skills, such as making a fruit salad or decorating cupcakes.
3:00 PM - 3:30 PM	Snack and Social Time	Enjoy the snacks prepared earlier, using this time to practice social skills, such as conversation and sharing.
3:30 PM - 4:30 PM	Puppet Show Creation	Design and perform a simple puppet show, either retelling a favorite story or creating a new one.
4:30 PM - 5:00 PM	Basic Hygiene and Cool Down	Wash up and unwind after the day's activities.
5:00 PM - 5:30 PM	Evening Prayer (Puja)	Participate in the family's evening puja, connecting with cultural or spiritual traditions.
5:30 PM - 6:00 PM	Dinner	A family dinner to enjoy together, sharing the week's highlights.
6:00 PM - 7:00 PM	Family Game Night	Choose a board game or a family-friendly game to play together, enjoying each other's company.
7:00 PM - 8:00 PM	Bedtime Routine	Prepare for bed with a soothing bath, teeth brushing, and putting on pajamas.
8:00 PM - 8:30 PM	Lights Out	Settle down for a restful night, ending the week on a peaceful note.

Saturday

Time	Activity	Details
7:00 AM - 7:20 AM	Wake Up and Basic Hygiene	Start with refreshing morning hygiene to kick off the day.
7:20 AM - 7:40 AM	Fun Fitness Challenge	Energize with a playful fitness challenge or a themed yoga session.
7:40 AM - 8:00 AM	Expressive Dance and Music	A lively dance session with favorite tunes to boost mood.

Time	Activity	Details
8:00 AM - 8:30 AM	Special Breakfast	Enjoy a delightful breakfast with favorites like pancakes or waffles.
8:30 AM - 9:30 AM	DIY Costume Creation	Craft DIY costumes for a day filled with imaginative play.
9:30 AM - 10:00 AM	Interactive Story Time	Dive into an adventurous story, possibly acting out parts with costumes.
10:00 AM - 10:30 AM	Snack and Free Play	A healthy snack followed by some leisurely free playtime.
10:30 AM - 11:30 AM	Outdoor Adventure Walk	Embark on a nature walk or a neighborhood exploration, scavenger hunt included.
11:30 AM - 12:30 PM	Picnic Lunch	A fun picnic lunch outside or a living room picnic for indoor adventure.
12:30 PM - 1:00 PM	Quiet Time	A brief period of downtime to recharge for the afternoon's excitement.
1:00 PM - 2:00 PM	Creative Arts and Crafts	A unique arts and crafts project, such as creating a treasure map or painting rocks.
2:00 PM - 3:00 PM	Home Movie Theater	Create a cozy home cinema experience with a family-favorite movie and popcorn.
3:00 PM - 3:30 PM	Snack and Free Play	Time for a snack and some independent play, continuing with crafts if desired.
3:30 PM - 4:30 PM	Mini-Olympics	Host a "mini-Olympics" with simple, fun competitions or obstacle courses in the backyard or living room.
4:30 PM - 5:00 PM	Basic Hygiene and Cool Down	Cool down and freshen up after a day of fun and play.
5:00 PM - 5:30 PM	Family Yoga	Unwind with a gentle family yoga session focusing on relaxation.
5:30 PM - 6:00 PM	Special Dinner	Conclude the day with a favorite meal, celebrating the day's joy.
6:00 PM - 7:00 PM	Reflect and Share	Share the day's experiences, discussing what was fun and memorable.
7:00 PM - 8:00 PM	Bedtime Routine	Wind down with a bedtime routine including a bath and storytime.
8:00 PM - 8:30 PM	Lights Out	Settle down for a restful sleep, ending the day on a peaceful note.