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SWITCH® Program: Suggested Schedule for Families

Time	Activity	Suggestions/Ideas
Before 9 AM	Family Meal Time	Eat nutritious breakfast together as a family Talk about what you would like to work on today and create your plan! Taste Test a vegetable/fruit (or whatever is in your pantry/freezer)
9-10:00	Academic Time	Homework School-supported enrichment activity Take 5 Minutes to Track your Activity! www.iowaswitch.org
~10:30	Physical Activity Break	Brain Break (see resource sheet) VIEW – Mindfulness Break (see resource sheet)
10:45-12:00	Free Time (Screen Free)	Read fiction (age/grade appropriate) Create a new game/activity
12:00-12:30 PM	Lunch	Make something together as a family Checkout Spend Smart. Eat Smart for a fun recipe to try!
12:30-1:00	Service Activity	Household items (cleaning/organizing) Setting up for the afternoon
1:00-2:00	Academic Time	Homework School-supported enrichment activity
2:00-2:30	Physical Activity Break	Brain Break (see resource sheet) VIEW – Mindfulness Break (see resource sheet)
2:30-3:30	Free Time (Screen Free)	Read fiction (age/grade appropriate) Go outdoors or if it's rainy find an activity to do inside
3:30-5:30	Screen Time	Take 5 Minutes to Track your Activity! www.iowaswitch.org This is your budgeted 2 hours of screen time, what do you want to do?
5:30-6:30	Family Meal Time	Make something together as a family Use mealtime conversation cards
6:30-8:00	Family Social & Activity Time	Spend time as a family after dinner and unwind without a screen. Go for a walk or play in the garden before dark Play cards or one of your favorite board games. Take time to reflect on your day and identify your daily gratitude.
8:00 -	Relaxation	Get ready for bed time

