

Daily Routine for an ADHD-Friendly Homeschool

Time Block	Activity	Check
Wake-Up + Breakfast		☐
Morning Movement (5–10 min)		☐
Lesson #1 (20–30 min)		☐
Brain Break (5 min)		☐
Lesson #2 (20–30 min)		☐
Snack + Hydration		☐
Hands-On Learning		☐
Outdoor / Free Play		☐
Reading / Quiet Time		☐
Small Chores		☐
Family Time + Dinner		☐

15 Quick Movement Breaks That Reset Focus

1. Wall push-ups (10–20)
2. Jumping jacks (30 seconds)
3. Animal walks (bear, crab, frog)
4. Deep breathing (inhale 4, exhale 6)
5. Chair push-backs (hold 5 sec)
6. Balance on one foot (20–30 sec)
7. Muscle squeeze + release
8. March in place (1 minute)
9. Touch 10 objects in the room
10. Cross-crawl knee taps
11. Reach arms up to stretch
12. Side-to-side sway + breathe
13. Draw figure 8 in air
14. Sip water slowly
15. Look out window for 60 seconds