













Brixton's Morning Routine

- Floss  and brush  my teeth
- Wash  my face
- Get dressed  to the shoes
- Eat breakfast  and Juice Plus+ 
- Spray  the plants
- {9:30 am} Table Time 
- {10:30 am} Toss 20
- {11:00 am} Green Hour 

Brixton's Afternoon Routine

- {12:00 pm} Eat lunch  & Juice Plus+ 
- Put napkins  in laundry
- Quiet Reading 
- Structured Play 
- {3:00 pm} Green Hour 

Brixton's Evening Routine

- {5:00 pm} Eat dinner  & Juice Plus+ 
- Put napkins  in laundry
- Walk/Bike ride  around lake
- Take a bath 
- Put on my pajamas 
- Floss  and brush  my teeth
- {8:30pm} Bedtime 