

Sample Daily FOCUSED CARE Activity Schedule

- 7:00 Grooming and Looks Make-over**
- 8:30 BREAKFAST**
- 9:15 Sensory Hand Washing & Grooming**
- 9:45 Morning Snacks**
- 10:15 Gentle Exercise & Relaxation with
Range of Motion Exercise**
- 10:45 Sing Along with Musical Instruments**
- 11:30 LUNCH**
- 12:30 Sensory Hand Washing**
- 12:40 Ball Toss**
- 1:00 Looks Make-over**
- 1:20 Looking at Photo Albums and Magazines
w/Discussion and “Tea Party”**
- 1:45 “Baby Therapy”**
- 2:00 Afternoon Snacks**
- 2:30 Balloon Volleyball**
- 2:45 Flower Arrangements**
- 3:10 Recognizing & Identifying Objects**
- 3:45 Range of Motion**
- 4:00 Preparing for dinner with music sing-along**
- 4:30 DINNER**
- 5:15 Sensory Hand Washing**
- 5:30 Music Therapy/ Musical Video**
- 7:00 Evening Snacks**