

SUGGESTED DAILY SCHEDULE FOR HOME LEARNING

Below is an example of a way to structure your child's day at home to fit in learning and physical activity. Please know, this is only an example of how you might structure your child's day at home during the school closure. Please adjust the following schedule to fit yours and your child's needs.

TIME	ACTIVITY	EXAMPLES
Before 9:00 a.m.	Wake Up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning Walk/Physical Activity	Family walk with the dog Yoga
10:00-11:00	Academic Time (Reading/Writing/Math/Etc.)	Sudoku books, flash cards, study guide, journal
11:00-12:00	Creative Time	Legos, Magnatiles, drawing, crafting, play music, cook/bake
12:00-12:30	Lunch	
12:30-1:00	Chore Time	A - Wipe all kitchen table and chairs B – Wipe all door handles, light switches, and desk tops C- Wipe bathrooms
1:00-2:30	Quiet Time	Reading, puzzles, nap
2:30-4:00	Academic Time (Reading/Writing/Math/Etc.)	Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon Fresh Air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV Time	Kid Showers
8:00 p.m.	Bedtime	