

## SUGGESTED HOME LEARNING SCHEDULE Elementary:

| TIME        | CATEGORY                                   | SUGGESTIONS   |
|-------------|--|---|
| BEFORE 9:30 | Prepare for day                            | Wake up, brush teeth, get dressed, eat breakfast, read or puzzle if an early riser  |
| 9:30 - 10   | Morning chores                             | Pet care, clean up breakfast, dust, organize bedroom, play space or workspace       |
| 10-11       | Academic time with break to stretch        | Writing, Social studies, Reading - alone, with family members, or to pet            |
| 11-11:45    | Large motor time                           | Play outside, GoNoodle, play in garage, take a walk or ride a bike around the block |
| 11:45-12:30 | Lunch                                      | Eat and clean up  |
| 12:30-1:00  | Family time                                | Games, help with dinner prep  |
| 1:00-1:45   | Creative 'specials' – art, computer, music | Work on a creative project with purpose   |
| 1:45-2:45   | Academic time with break to stretch        | Math, Science   |
| 2:45-3:45   | Recharge/quiet time                        | Mindfulness, journaling, read, yoga, arts and crafts, Legos, jigsaw puzzles         |
| 3:45-5:00   | Choice time                                | TV, video games, video chat with family and friends                                 |
| 5:00-5:45   | Chores                                     | Help with dinner prep, set table, pet care, fold laundry(socks), sweep              |
| 5:45-6:30   | Dinner                                     | Eat and clean up  |
| 6:30-7:00   | Family time                                | Game, show and tell, video call grandparents  |
| 7-7:30      | Evening routine                            | Bath, shower  |
| 7:30-BED    | Quiet time for self or family              | Read, TV  |

These are all just meant to be suggested times. Students and families should adjust these times to meet their needs and to allow students to participate in any opportunities provided by their teachers to engage with them live via video conferencing.