

At Home Learning Sample Schedule

- This sample schedule was created with the entire family in mind during this difficult time.
- Students thrive when there is a consistent routine in place that they can depend on.
- This schedule should help students understand what to expect during their day at home.
 - This will help students work cooperatively with their parents on their learning tasks.
- Please feel free to disregard this schedule as it is not mandatory but, to be used as a resource.
 - Feel free to modify times and activities in order to fit the needs of your family.
- Suggestion: post schedule somewhere the students can see it so they can refer to it during the day.
 - Students should only do 1 hour total of "school work" every day.

Time	Activity	Suggestion
8:00 AM	Wake up, make bed, change clothes, and brush teeth.	This will help them get ready for their day and stay consistent with school routine.
8:15 AM	Eat a healthy breakfast.	
8:30 AM	Phonics/Reading time	Raz-Kids, Headsprout, E- books on Cobb Digital Library, and/or books can be used during this time. Record on reading log.
9:00 AM	Morning Walk	Walk outside and get fresh air. Take the dog on a walk. If it is raining, do yoga, pilates, or gonoodle.com for brain breaks.
9:30 AM	Eat a snack and complete 1 activity from Learning Menu	Do activity independently and ask your parent to "grade" it. Check for capital letters, periods, spaces, best handwriting, and conventional spelling.
10:30 AM	Free Choice Activity	This may or may not include technology/T.V. I suggest puzzles, play doh, free drawing time, gonoodle.com, cubes, blocks, pretend play with stuffed animals, board and card games, word searches, crossword puzzles, etc.
11:30 AM	Chores	Clean up your room, clean bathrooms, wash dishes, help with laundry, help make lunch, etc.
12:00 PM	Lunch	
12:30 PM	"Specials"	This may include arts and crafts, music, creating something using technology (not playing games), and/or movement and physical activity.
1:30 PM	Math	Dreambox is a requirement every day for at least 20 minutes. Additionally, try to complete one lesson in the My Math work book every day as well. One lesson is 6 pages long. Parents can help with the first page of the lesson and the "See and Show" page. Then, pages 3-6 are done independently. Ask your parent to "grade" it.

2:30 PM	Afternoon Walk	Walk outside and get fresh air. Take the dog on a walk. If it is raining, do yoga, pilates, or gonoodle.com for brain breaks.
3:00 PM	Snack and Free Choice Activity	This may or may not include technology/T.V. I suggest puzzles, play doh, free drawing time, gonoodle.com, cubes, blocks, pretend play with stuffed animals, board and card games, word searches, crossword puzzles, etc.
4:00 PM	Outdoor Play or Technology Time if raining	Play outside or play on technology to celebrate your hard work.
5:30 PM	Dinner	Help your parents make dinner and clean up after.
6:30 PM	Bath/Shower time and brush your teeth	
7:30 PM	Read a book	Read a book with your parent, sibling, or stuffed animal. Record on your reading log.
8:00 PM	Bedtime	This would be the normal bedtime.
8:30 PM	"Late" Bedtime	This would be if you wanted to reward them for good behavior, listening, working hard, etc. Give them 30 more minutes of free choice activities before bed.

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