

MY NEW SCHOOL AT HOME SCHEDULE

Pause for Parents, Play for Kids

Morning

II

Afternoon

II

Nighttime

Before 9:00am **WAKE UP**

Eat breakfast, make bed, get dressed, brush teeth

9:00-10:00am **GET MOVING**

Take a walk, yoga, ride a bike, dance, outside time

10:00-11:00am **LET'S LEARN**

School work, flash cards, journal, read, manipulatives

11:00-12:00pm **GET CREATIVE**

STEM, draw, cook, science, crafts, play an instrument

12:00-12:30pm **LUNCH**

YUM! Can you help get ready for today or help plan tomorrow?

12:30-1:00pm **PITCH IN**

Take dog out, clean up from lunch, help someone in your family

1:00-1:30pm **EXHALE TIME**

Sensory bin, playdoh, color, yoga, deep breathing, nap

1:30-2:30pm **QUIET TIME**

Nap, read, puzzles, fidgets, movie or tv show

2:30-3:30pm **E-LEARNING**

ABC Mouse, PBS, Abcya, Starfall, Baby Einstein

3:30-4:30pm **OUTSIDE TIME**

Go on a nature hunt, play a game, try an obstacle course

4:30-5:30pm **BE A HELPER**

Set the table, help make dinner, play quietly

5:30-6:30pm **DINNER**

Question of the Day, Highs and Lows, name goals for tomorrow

6:30-7:30pm **KID'S CHOICE**

Play a game, watch a funny show, do a craft

7:30-8:30pm **WIND DOWN**

Bath or shower, read a book, eat a bedtime snack, brush teeth

8:30pm **BEDTIME**

You worked so hard today and learned so much. Way to go!