

Creating a Home Learning Schedule Grades K-4

Making a routine will help you and your child make the most of the learning time you have together during this school closing. Children are used to following a schedule at school, so creating a schedule at home will help keep your child busy and learning during your time together.

As you develop a daily schedule for your child, you may want to consider the following:

- Consider using school as a framework and honor what had been your child's routine. Try to maintain consistency by scheduling meal times and recess at the same times they are offered at school, break the day into small chunks much like school does with subjects, create a schedule based on your knowledge of your child. For instance, schedule school work times at the time of day when your child is most productive.
- Depending on your child's age, schedule a few 15-to 30- minute blocks of dedicated child-led play. Play allows children to develop their imagination, as well as physical, mental and emotional strength.
- Schedule reading blocks of at least 15-to 20- minutes per day. Reading can include family silent reading time, children reading to adults, or adults reading to children.
- If possible, add in two to three recess times for your child to explore outside. Recess time can include outdoor activities such as nature walks, playing in the yard, and running in open spaces. Outdoor time provides many physical and emotional benefits for both children and caregivers.
- If you choose to have screens available to your children while school is closed, create parameters around the use of devices. Include screen time in the daily schedule so children know when to use the electronics and for how long. Follow through with the scheduled time and remove the device when the designated time has ended.

Sample Daily Schedule		
Time	Activity	What does it look like?
8:00-9:00	Wake Up	Eat breakfast, make your bed, get dressed
9:00-9:30	Morning Walk	Outdoor family walk
9:30-11:00	Academic Time	Complete schoolwork, reading time, no electronics
11:00-12:00	Creative Time	Legos, coloring, playtime, music and dancing, cooking or baking, etc.
12:00-12:30	Lunch	
12:30-1:00	Chore Time	Wipe kitchen table and chairs, wipe all door handles and light switches, sort and fold laundry
1:00-2:00	Quiet Time	Reading, puzzles, nap
2:30-4:00	Academic Time	Complete schoolwork, reading time, no electronics
4:00-4:30	Free Time	Set a limit to allow for technology fun time
4:30-5:00	Outdoor Time	Play fun games outside
5:00-6:00	Dinner	Enjoy dinner as a family
6:00-6:30	Community Service Time	Write a letter to someone in a nursing home, walk a pet, Draw a picture for a loved one
6:30-8:00	Free Time	Watch TV, play family games
8:00	Bedtime	Read a story and go to bed

<https://time.com/5803373/coronavirus-kids-at-home-activities/>

