







Building a Daily Schedule for PK-5th students

This sample schedule is an example of academic and [social emotional learning](#) at home. You don't need to recreate the school - just try to create an environment for your child(ren) to learn and be engaged. Choose activities from the [Home Education Resources](#) for your child's grade level and area of instruction.

MORNING

<p>Morning Routine</p> 	<p>Use the bathroom, wash hands & face, brush teeth, get dressed</p> <p>Write or Draw in a Reflection Journal:</p> <ul style="list-style-type: none"> One thing you are grateful for, or choose a gratitude journal prompt here. How are you feeling?
<p>60 min</p> 	<p>Starting the Day</p> <ul style="list-style-type: none"> Go for a walk. Pick up food for free at a school near you if you need it. Set up supplies & work area, including a clock/timer.
<p>15 min</p> 	<p>Check in (choose one way to check in with someone)</p> <p>Mindfulness & Stretching (pick one)</p> <ul style="list-style-type: none"> Breathing Butterfly Video Also in: Spanish Cantonese Arabic Tagalog Vietnamese & More Yoga: Tree pose, butterfly, plank, and another that you like Body Scan
<p>30 min</p> 	<p>Literacy (Reading or Writing)</p> <p>Reflection Question: What did you say to yourself at the beginning, middle, and end of this learning time?</p>
<p>15 min</p> 	<p>Snack Break</p> <p>Take some Belly Breaths.</p>
<p>30 min</p> 	<p>Math</p> <p>Reflection Question: Did you feel frustrated at any point during the exercise? What did you do to overcome this?</p>
<p>15 min</p> 	<p>Break</p> <ul style="list-style-type: none"> Stretch Take a walk with an adult Take a Mindful Minute
<p>30 min</p> 	<p>Science/Health</p> <p>Reflection Question: What surprised you the most from this activity? What other questions came up?</p>

AFTERNOON IF YOU FEEL UP TO IT

60 min 	Lunch Wash Hands, Prepare, Eat, Clean Up
30 min 	Physical Education Reflection Question: How do you feel in your body after movement? In your mind? Emotions?
30 min 	Literacy (Reading or Writing) Reflection Question: What can you celebrate as a reader and writer? Is there a character you read, or wrote about that you connected with? How?
30 min 	Visual Art and Performing Arts Reflection Question: How might you do this activity differently if you did it again?
15 min 	Closure for Day Check Out
	Afternoon and Evening Activities: <ul style="list-style-type: none"> • Chores at home • Listen to Imagine Neighborhood, a daily podcast about “big feelings” • Family Time (walk, board game with family) • Screentime: (games for kids) Common Sense Media rates games for elementary school age children) • Have conversations, phone calls, or video chats with people you care about • Complete a gratitude challenge • Read or storytime before bed

[Chinese \(中文\)](#)

[Spanish \(español\)](#)