





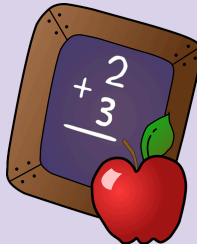

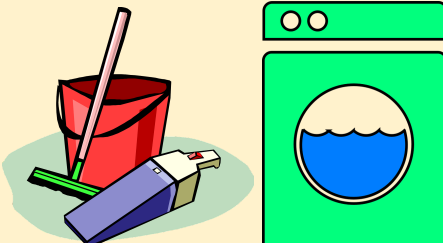



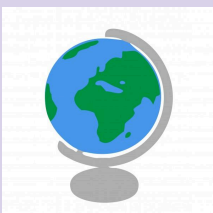


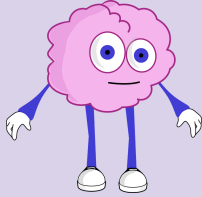









*\*Adapted from Bedford Schools and Dayton Consolidated*

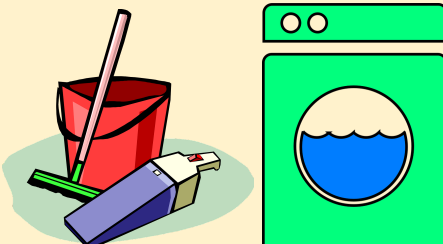



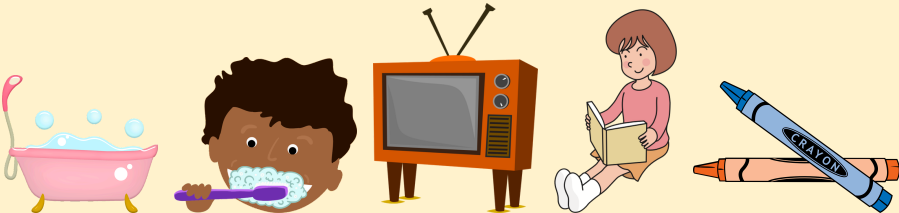

Feel free to go to “File” and “Make a copy” to modify for your own family/grade level.

Consistency, predictability, and personal responsibility (chores/pitching in) are key for our learners. Here is a suggested schedule to help your household plan for each day by establishing structure. We know the needs and routines of each home vary, so this is just a suggested guideline. See the highlighted note above to copy and create your own.

Time	Task	Suggested Ideas
7:00-8:30	<b>Morning Routine</b> 	<ul style="list-style-type: none"> <li>-Breakfast</li> <li>-Brush teeth, get dressed</li> <li>-Chores (dishes, laundry, make the bed)</li> <li>-Try a mindfulness activity, do some <a href="#">goal setting</a> or a family circle.</li> </ul> <p>See ideas on <a href="#">Resources for Remote Learning page</a>.</p>   
8:30-9:30	<b>Active Time</b> 	<ul style="list-style-type: none"> <li>-Get fresh air</li> <li>-Engage in a creative or imaginative activity</li> <li>-Family Walk</li> <li>-Try some <a href="#">wellness activities</a>.</li> </ul>
9:30-10:30	<b>Academics: Literacy</b> 	<ul style="list-style-type: none"> <li>-Complete activities provided by teachers</li> <li>-See the <a href="#">Resources for Remote Learning page</a> or these <a href="#">10 Day Plans</a>.</li> <li>- Read a book independently or with someone.</li> <li>- 20 Min. of Lexia</li> <li>- Try a writing activity</li> <li>-Consider a balance of high tech and low tech activities if you have access to the internet and <b>be ever so vigilant of online use</b></li> </ul>
10:30-11:30	<b>Academics: Math</b>	<ul style="list-style-type: none"> <li>-Complete activities provided by teachers</li> <li>-See the <a href="#">Resources for Remote Learning page</a> or these <a href="#">10 Day Plans</a>.</li> <li>- 20 Min. On IXL or Symphony Math</li> </ul>

		<ul style="list-style-type: none"> <li>- 20 Min. on iReady lessons</li> <li>- Math game               <ul style="list-style-type: none"> <li>- <a href="#">K/1 Games</a></li> <li>- <a href="#">2\3 Games</a></li> </ul> </li> <li>- Fluency practice               <ul style="list-style-type: none"> <li>- <a href="#">Fluency and Fitness</a></li> </ul> </li> </ul> <p>-Consider a balance of high tech and low tech activities if you have access to the internet and <b>be ever so vigilant of online use</b></p>
11:30-12:30	<b>Lunch and chores</b> 	<ul style="list-style-type: none"> <li>-Make lunch</li> <li>-Chores (dishes, folding clothes, wiping down surfaces, picking up rooms from morning activities)</li> </ul> 
12:30-1:00	<b>Quiet Time</b> 	<ul style="list-style-type: none"> <li>-Read for 30 minutes (read to young children who are not able to read on their own; have early readers practice out loud; more proficient readers should read on their own). <a href="http://www.storyonline">www.storyonline</a> may be an option.</li> <li>- Puzzles</li> <li>- Color or Draw</li> <li>- Legos or Blocks</li> <li>- Screen Time</li> </ul> 
1:00-1:45	<b>Academics: Science or SS</b> 	<ul style="list-style-type: none"> <li>-Complete activities provided by teachers</li> <li>-See the <a href="#">Resources for Remote Learning page</a> or these <a href="#">10 Day Plans</a>.</li> <li>- Try a virtual field trip or a Mystery Science Lesson</li> </ul> 
1:14-2:00	<b>Brain Break</b>	<ul style="list-style-type: none"> <li>-<a href="#">Go Noodle</a> is a great site to get your body moving between subjects</li> </ul>

		-Go for a short walk
<b>2:00-2:45</b>	<b>Specials- Art, Music, DL or LMS</b> 	Think about the special you would normally have today: <div>  <a href="#">Art</a> Choices            <a href="#">Music</a> Choices         </div> <div> <a href="#">Digital Literacy</a> Choices            </div> <div> <a href="#">Library Media</a> Choices            </div>
<b>2:45-3:00</b>	<b>Brain Break</b> 	<a href="#">Go Noodle</a> is a great site to get your body moving between subjects -15-minute technology choice time
<b>3:00-4:00</b>	<b>Active Time</b> 	-Get fresh air and play -Engage in a creative or imaginative activity -Family Walk -Try some <a href="#">wellness activities</a> .
<b>4:00-4:30</b>	<b>Creative Time</b>  	-Try some activities provided by <a href="#">Art</a> and <a href="#">Music</a> teachers.
<b>4:30-5:00</b>	<b>Chores</b>	--Chores (picking up from afternoon activities) -Help with dinner

		
5:00-6:30	<b>Dinner Time</b> 	<ul style="list-style-type: none"> <li>-Help set the table</li> <li>-Eat dinner</li> <li>-Help clean up</li> </ul> 
6:30-8:00	<b>Down Time</b> 	<ul style="list-style-type: none"> <li>-Bath or shower</li> <li>-Brush teeth</li> <li>-Watch tv</li> <li>-Read books</li> <li>-Color or draw</li> </ul> 
8:00	<b>Bed Time</b> 	<ul style="list-style-type: none"> <li>-Go to bed.</li> <li>-Read 1 story together.</li> <li>-Listen to 1 story together.</li> </ul> 