

Daily Routine for Learning from Home

So your chronotype seems to be _____ (Bear, Dolphin, Lion, Wolf).

Let's look at some example distance learning routines based on the 4 chronotypes. Identify one that fits most closely because later you will modify it to fit your needs.

Example Distance Learning Routine for the **Lion** Chronotype

Class Name	Time	Supporting Habits
Chemistry	7:00 - 7:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>7:25 - 7:30</i>	<i>Grab some water, stand up and stretch, bathroom</i>
English	7:30 - 7:55	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>7:55 - 8:00</i>	<i>Grab some water, stand up and stretch, bathroom</i>
US History	8:00 - 8:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Big Break</i>	<i>8:25 - 9:25</i>	<i>Eat, go for a walk, work out, Facetime a friend, check email...</i>
Math	9:25 - 9:55	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>9:55 - 10:00</i>	<i>Grab some water, stand up and stretch, bathroom</i>
Spanish	10:00 - 10:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>10:25 - 10:30</i>	<i>Grab some water, stand up and stretch, bathroom</i>
Business	10:30 - 11:00	Phone notifications off, use phone as timer, go to bathroom B4

This schedule works best for the Lion chronotype, because **lions work best between 6-7am and noon.**

Other similar routines for lions:

- (1) Start 6:30am - Finish 10:30am
- (2) Start 7:30am - Finish 11:30am
- (3) Start 8am - Finish noon

Let's take a look at what Bears and Dolphins might do differently on the next page...

Example Distance Learning Routine for the **Bear & Dolphin** Chronotypes

Class Name	Time	Supporting Habits
Chemistry	9:00 - 9:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>9:25 - 9:30</i>	<i>Grab some water, stand up and stretch, bathroom</i>
English	9:30 - 9:55	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>9:55 - 10:00</i>	<i>Grab some water, stand up and stretch, bathroom</i>
US History	10:00 - 10:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Big Break</i>	<i>10:25 - 11:25</i>	<i>Eat, go for a walk, work out, Facetime a friend, check email...</i>
Math	11:25 - 11:55	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>11:55 - 12:00</i>	<i>Grab some water, stand up and stretch, bathroom</i>
Spanish	12:00 - 12:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>12:25 - 12:30</i>	<i>Grab some water, stand up and stretch, bathroom</i>
Business	12:30 - 1:00	Phone notifications off, use phone as timer, go to bathroom B4

This schedule works best for the Bear & Dolphin chronotype because **bears and dolphins work best between 9am and 2pm.**

Other similar routines for bears/dolphins:

- (1) Start 9:30am - Finish 1:30pm
- (2) Start 10am - Finish 2pm
- (3) Start 10:30am - Finish 2:30pm

Let's take a look at what a Wolf might find suitable on the next page...

Example Distance Learning Routine for the **Wolf** Chronotype

Class Name	Time (pm)	Supporting Habits
Chemistry	12:00 - 12:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>12:25 - 12:30</i>	<i>Grab some water, stand up and stretch, bathroom</i>
English	12:30 - 12:55	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>12:55 - 1:00</i>	<i>Grab some water, stand up and stretch, bathroom</i>
US History	1:00 - 1:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Big Break</i>	<i>1:25 - 6:25</i>	<i>Eat, go for a walk, work out, Facetime a friend, dinner etc</i>
Math	6:25 - 6:55	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>6:55 - 7:00</i>	<i>Grab some water, stand up and stretch, bathroom</i>
Spanish	7:00 - 7:25	Phone notifications off, use phone as timer, go to bathroom B4
<i>Small Break</i>	<i>7:25 - 7:30</i>	<i>Grab some water, stand up and stretch, bathroom</i>
Business	7:30 - 8:00	Phone notifications off, use phone as timer, go to bathroom B4

This schedule works best for the Wolf chronotype because **Wolves work best between 12-2pm and 6-11pm.**

Best routines:

- (1) Half 12 - 1:30pm, Half 6:30 - 8pm
- (2) Start 12pm - Finish 4pm
- (3) Start 5pm - Finish 9pm

Hopefully, the example schedules above gave you some ideas. Now, create your own using the table below.

Create Your Own Distance Learning Routine Directions:

1. Copy/paste these directions and the table below into a new Google Doc by highlighting them.
2. Type the names of all your classes. If your first class is English, replace "Class 1" with "English." Do this for all other classes. Leave room for breaks.
3. Keep the "Small Break" and the "Big Break" headings (Don't change this).
4. Decide what time each day you'll start and stick with it. Type the exact times in. If you choose to begin your school day at 9am, put 9:00 - 9:25 in the time slot next to your first class.
5. Type the times in for your breaks. Breaks are important because they will help you re-energize to keep going. Don't make the short brakes longer than 5 minutes because it's harder to get back to work after a longer break.

6. Type the “Supporting Habits” in. Some suggestions you might want to use: Turn all phone notifications off or use the phone to time each 25-minute class session. This way, you won’t be tempted to check texts/snaps/other social. If you use your phone during work time you’ll be much less productive. For breaks you might put things in that help you get energy like food, drink, or physical activity. See the example schedules above for ideas.
7. If you stick to your daily schedule and avoid distractions you will have the potential to finish all school work in 4 hours or less on most days.
8. Print your schedule and keep it in your work area (desk, table etc.).

Class Name	Time	Supporting Habits
Class 1	25 minutes	Any habit that helps you work well...
<i>Small Break</i>	<i>5 minutes</i>	<i>What does your body/mind need?</i>
Class 2	25 minutes	How can you avoid distractions?
<i>Small Break</i>	<i>5 minutes</i>	
Class 3	25 minutes	What tools can I use to stay focused?
<i>Big Break</i>	<i>30-60 minutes</i>	<i>Do something active to get new oxygen, eat...</i>
Class 4	25 minutes	What will help me get back to work?
<i>Small Break</i>	<i>5 minutes</i>	
Class 5	25 minutes	
<i>Small Break</i>	<i>5 minutes</i>	
Class 6	25 minutes	

Visual Directions

Replace with exact times like 9 - 9:25.
Start with 25-minute chunks and
adjust if needed in the future

Developing good habits will
improve your focus and help you
work faster. What things do you
need to work on? What can you
do to improve your workflow?

Replace with
your actual
classes

Class Name	Time	Supporting Habits
Class 1	25 minutes	Any habit that helps you work well...
Small Break	5 minutes	What does your body/mind need?
Class 2	25 minutes	How can you avoid distractions?
Small Break	5 minutes	
Class 3	25 minutes	What tools can I use to stay focused?
Big Break	30-60 minutes	Do something active to get new oxygen, eat...
Class 4	25 minutes	What will help me get back to work?
Small Break	5 minutes	
Class 5	25 minutes	
Small Break	5 minutes	
Class 6	25 minutes	