

Self Care Time	Structured Learning Time	Flexible Time (can be learning too)
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PreK - 12 Sample Daily Schedule						
Time	Grades					Activity
	ECSE and PreK (30 - 45 min.)	Kinder and 1st Grade (45 min. - 1 hour)	2nd - 5th Grade (1 1/2- 2 hours)	6th - 8th Grades (2-4 hours)	High School (4 plus hours)	
Wake Up and Have Breakfast	Before 9:00 a.m.					Wake up, get dressed for your day, and eat breakfast.
Outside Exploration	8:45 - 9:00 a.m.	8:45 - 9:00 a.m.	8:45 - 9:00 a.m.	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.	Go for a walk with a parent or caregiver. On your walk and maintaining social distancing, look for things in nature and notice things in your environment.
				10:00 - 12:00 a.m.	10:00 - 12:00 a.m.	
Learning Time	9:00 - 9:45 a.m.	9:00 - 10:00 a.m.	9:00 - 11:00 a.m.			Work on teacher & district provided activities (online and/or from the packets). Teachers have availability to students during this time.
Creative Learning	9:30 - 11:30 a.m.	10:00 - 11:30a.m.	11:00 - 12:00 a.m.			Allow for exploration with materials you have at home like paper, crayons, playdoh, paper plates, practice an instrument, journaling, drawing, crafting, etc.
Lunch Time	12:00 - 1:00 p.m.					Eat lunch and spend time talking with the people in your home.
Quiet Time or Free Time	1:00 - 1:30 p.m.					Use this time to rest and relax.

Exploration Time and/or Get Active (Inside or Outside)	1:30 - 2:30 p.m.					Use the time to play games, complete puzzles, or get active outside to take a run or ride your bicycle, etc.
Creative Learning	2:30 - 3:00 p.m.					Allow for exploration with materials you have at home like paper, crayons, playdoh, paper plates, practice an instrument, journaling, drawing, crafting, etc.
Learning Time	3:00 - 3:15 p.m.	3:00 - 3:30 p.m.	3:00 - 3:30 p.m.	3:00- 5:00 p.m.	3:00- 5:00 p.m.	Work on teacher & district provided activities (online and/or from the packets).
Family Time	3:15 - 7:00 p.m.	3:30 - 7:00 p.m.	3:30 - 7:00 p.m.	5:00 - 7:00 p.m.	5:00 - 7:00 p.m.	Have dinner and spend time with your family
Get Ready for Bed	7:00 - 7:30 p.m.	7:00 - 7:30 p.m.	7:00 - 7:30 p.m.			Get ready for bed routines - shower, brush your teeth, etc.
Quiet Time or Free Time				7:00 - 7:30 p.m.	7:00 - 7:30 p.m.	Watch a TV show, play a game, social media, etc.
Reading and/or Story Time	7:30 - 7:50 p.m.					Read and share a story together.
Bed Time	7:50 - 8:00 p.m.	7:50 - 8:00 p.m.	7:50 - 8:00 p.m.	9:00 p.m.	9:00 p.m.	Time to rest

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