

Building an at-home lesson schedule

Look at your needs

Time

How long will the kid(s) be away from school. If longer than a week you will need to implement more planning than if a week or less.

Are you working from home? Are you co parenting or taking turns watching kids? It's okay to take an honest look at what your availability is and how much supervision you will be able to provide.

Independent reading, projects and studying are not bad options!

Expectation

What were the students previously learning, what were they expected to learn next. See what your child's school can offer regarding previous assignments or future plans. What does your child need to learn or know during this period. Are there still any big tests or writing assignments scheduled? You can prioritize those things first.

Skills and Resources

What are your capabilities and resources? Do you have greater access to technology and videos? Are you good with crafts and projects, do you like to read? Use these resources and skills as part of your educating.

Make a schedule-

Keep routine

School age children are used living by a heavily regulated schedule. This is of course going to have to adapt to your needs but things like wake up, meal and bed times should attempt to be maintained

Break it up

staying in the house and learning is not the same as being in classrooms. Everyone is going to get restless and distracted. Try to break up these moments by doing fun activities, alone time, and non community outings.

Go outside (safetly)

It's no fun for anyone to stay indoors all day. Ease this by taking safe outings. Remember that going to places where others are such as stores, museums or zoo's defeats the purpose of the quarantine. Take safe trips such as: walk around the neighborhood, play in the backyard, check out local hiking trails (playgrounds are not suggested) be sure to practice safe hygiene tips when doing these outings.

Build the lesson plan

Objectives.

Start with what they need to know, then break that down into the time you have together. make weekly goals that you can break down into daily assignments and activities.

Use the teaching resource guide to find activities, websites and lessons that will work towards those goals. It can be easier instead of saying "what should I do on this day" trying "how do I break this topic down into 5 days"

Activities

For students, especially younger students periods of reading, listening and watching are recommended to be broken down into games, activities, talking aloud and doing projects. Activities like a large project are also a great way to plan for a weeks worth of one subject or area.

Schedule

You will need to adapt these to your availability but a basic schedule looks like this

Elementary-

90 min block of reading

1 hour block science or social studies

20 min Lunch

30 min recess

90 min block math

45 min writing

1 hour special area (art, music, PE, health)

High school-

Either 1 hour blocks for each class or 90 min rotating blocks depending on the schedule type.

So,

Block

90 min English

90 min science

20 min lunch

1 hour elective

90 min history

90 min computer science

(With the subjects rotating every other day.)

Non block

1 hr english

1 hr science

1 hr math

20 minute lunch

1 hr elective

1 hr history

1 hr computer science

1 hr spanish

Communication

Doing the activity or game is only one small part of learning. Luckily there are amazing guides on how to hold conversations about the subjects you teach. For instance a quick google search of "book discussion questions ____" will give some great leading questions on that book.

Make sure when reading over the lessons, activities and suggested topics to look for discussion sections or questions the child should be able to answer after completing, and make sure to ask those questions as you complete the activity.

Staying safe and sane at home

Social Time

Part of an at home lesson should be ensuring that you and the child(ren) are getting social connections. Try to each day call or video chat a friend from school. This allows them to keep up. Additionally, look for online learning games and apps that allow kids to play together so learning can still be a social activity.

Make calls part of the learning.

Call grandparents and elders and ask them about something historical they remember or about their past. Call a friend who is from or lives in another country and ask about their culture. These options will not only give you a much needed break but will be a great educational tool.

Take a break when you need it.

You are most likely not an educator. You may have other responsibilities including working from home, household chores, and such. This is a lot. Don't try to be the classroom. It's just not possible. The goal is only to limit teaching loss and maintain a sense of order. Reach out to other parents to see what they are doing and get help. Take time for yourself as you can. Some things will probably slide, and that's okay. Be gentle and kind with yourself.