





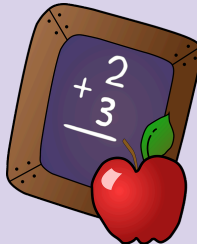

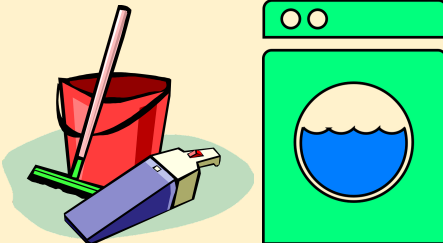

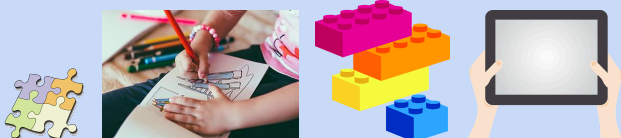




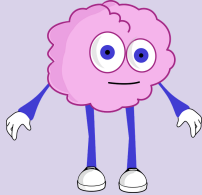









**Adapted from Bedford Schools and Dayton Consolidated*

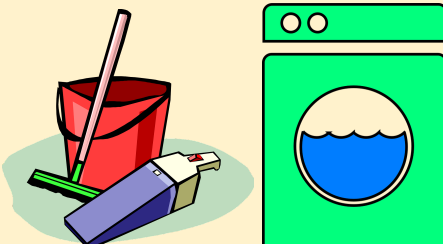



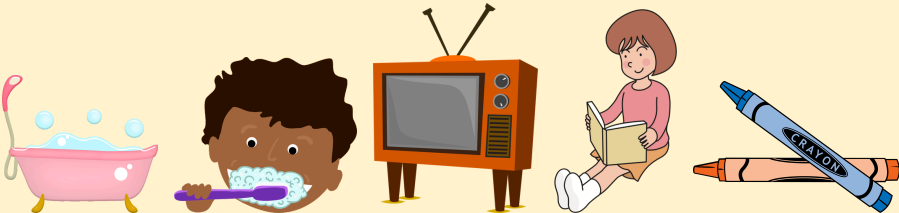


Feel free to go to "File" and "Make a copy" to modify for your own family/grade level.

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 | Morning Routine  | <ul style="list-style-type: none"> -Breakfast -Brush teeth, get dressed -Chores (dishes, laundry, make the bed) -Try a mindfulness activity, do some goal setting or a family circle. <p>See ideas on Resources for Remote Learning page.</p>    |
| 8:30-9:30 | Active Time  | <ul style="list-style-type: none"> -Get fresh air -Engage in a creative or imaginative activity -Family Walk -Try some wellness activities. |
| 9:30-10:30 | Academics: Literacy  | <ul style="list-style-type: none"> -Complete activities provided by teachers -See the Resources for Remote Learning page or these 10 Day Plans. - Read a book with a caregiver - Try a writing activity -Consider a balance of high tech and low tech activities if you have access to the internet and <u>be ever so vigilant of online use</u> |
| 10:30-11:00 | Choice Time | <ul style="list-style-type: none"> -Choose some toys to play -Complete a puzzle |
| 11:00-12:00 | Academics: Math | <ul style="list-style-type: none"> -Complete activities provided by teachers -See the Resources for Remote Learning page or these 10 Day |

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| |  | <p><u>Plans.</u></p> <ul style="list-style-type: none"> - Math game - Fluency practice <ul style="list-style-type: none"> - Fluency and Fitness <p>-Consider a balance of high tech and low tech activities if you have access to the internet and <u>be ever so vigilant of online use</u></p> |
| 12:00-12:30 | <p>Lunch and chores</p>  | <ul style="list-style-type: none"> -Make lunch -Chores (dishes, folding clothes, wiping down surfaces, picking up rooms from morning activities)  |
| 12:30-1:00 | <p>Quiet Time</p>  | <ul style="list-style-type: none"> -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). www.storyonline may be an option. - Puzzles - Color or Draw - Legos or Blocks - Screen Time  |
| 1:00-1:45 | <p>Science or SS</p>  | <ul style="list-style-type: none"> -Complete activities provided by teachers -See the Resources for Remote Learning page or these 10 Day Plans. -Try these virtual field trips. Here are also 33 national parks that you can travel to virtually.  |
| 1:14-2:00 | <p>Brain Break</p> | <ul style="list-style-type: none"> -Go Noodle is a great site to get your body moving between |

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

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