



## School is Closed- Now What?

*Below are some tips and resources for maintaining stability for children during this school closure.*

- 1. Create a daily schedule and organize your time:** Set designated times for eating, playing/creative time, quiet time, outdoor time, academics, and helping with chores. Keep your kids busy and maintain their routine day to day. Here are some examples (Source: Khan Academy):

### Preschool, kindergarten, 1st grade and 2nd grade

| Time            | Activity   |
|-----------------|--|
| 8am - 9am       | Breakfast/Get ready (Yes. Change out of PJs)   |
| 9am - 9:30am    | <p>Khan Academy <a href="#">Kids</a> (ideally doing it while sitting next to a parent or older sibling giving them positive feedback for effort). Khan Academy kids starts at the basics of letters, numbers, and social emotional learning and goes through the first grade standards in math, reading, writing and social emotional learning.</p> <p>For students with stronger literacy and motor skills: Khan Academy <a href="#">Kindergarten</a>, <a href="#">1st grade</a> and <a href="#">2nd grade</a> math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that <a href="#">we've seen teachers use to great effect</a> is to have all students start on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc. This helps ensure that older students are progressing with accumulating gaps. It also helps build momentum and confidence.</p> <p>Course challenges and unit tests can be used to accelerate through material. For students with minimal gaps, they should be able to get through a previous year's content in 1-3 hours.</p> |
| 9:30am - 10am   | Play. Ideally outside if weather permits.  |
| 10am - 10:30 am | <p>Reading time. Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own.</p> <p>Suggested books (by reading level):</p> <ul style="list-style-type: none"> <li>There are 100+ books that students can read or have read to them on <a href="#">Khan Academy Kids</a></li> <li>The <a href="#">ALSC summer reading</a> list is also a great resource</li> </ul>  |
| 11am - 11:30am  | Break. Ideally run around and play outside.  |
| 11:30am - 12pm  | <p>Writing practice</p> <ul style="list-style-type: none"> <li>Write and illustrate a story about someone having a funny adventure when they stay home sick.</li> <li>Draw a picture of what you think a virus looks like. Tell about the different parts and how you think they work.</li> </ul>  |
| 12pm - 1pm      | Lunch - Listen to an educational podcast! Try <a href="#">Wow in the World!</a> If you like science, <a href="#">Stories Podcast</a> or <a href="#">Circle Round</a> to hear a story, or <a href="#">Noodle Loaf</a> to learn about music!   |
| 1pm-7pm         | Relax, go outside, work on passions, time with family.   |
| 7-8pm           | Lights out, time to sleep!   |

### Grades 10-12

| Time           | Activity  |
|----------------|---|
| 8am - 9am      | Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)   |
| 9am - 9:40am   | <p>Khan Academy math practice. Depending on level, one of the following courses are likely appropriate:</p> <ul style="list-style-type: none"> <li><a href="#">Algebra II</a></li> <li><a href="#">Geometry</a></li> <li><a href="#">Precalculus/Trigonometry</a></li> <li><a href="#">AP Calculus AB or BC</a></li> <li><a href="#">AP Statistics</a></li> </ul>   |
| 9:40am - 10am  | Go for walk/run. Youtube <a href="#">JustDance</a> /workouts if weather is bad. Maybe <a href="#">15 minutes of Yoga with Adriene</a> ?   |
| 10am - 10:40am | <a href="#">Official SAT Practice</a> (math, reading and writing)   |
| 10:40 - 11am   | Break/walk  |
| 11am - 12pm    | <p>Science practice on Khan Academy (high school or A.P. level):</p> <ul style="list-style-type: none"> <li>Biology (<a href="#">high school</a>, <a href="#">A.P.</a>)</li> <li>Chemistry (<a href="#">high school</a>, <a href="#">A.P.</a>)</li> <li>Physics (<a href="#">high school</a>, <a href="#">A.P.</a>)</li> <li>Economics (<a href="#">micro</a>, <a href="#">macro</a>)</li> <li><a href="#">AP CS Principles</a></li> </ul>  |
| 12pm - 1pm     | Lunch - Listen to an educational podcast! Try <a href="#">This American Life</a> if you like storytelling, or <a href="#">RadioLab</a> or <a href="#">Science Friday</a> if you like science!   |
| 1pm - 2pm      | <p>Social studies or second science</p> <ul style="list-style-type: none"> <li>American history (<a href="#">high school</a>, <a href="#">AP</a>)</li> <li>Government and politics (<a href="#">high school</a>, <a href="#">AP</a>)</li> <li><a href="#">World History</a></li> <li><a href="#">Art history</a></li> <li>Any of the sciences above</li> </ul>  |
| 2pm-2:30pm     | Walk/break. Maybe a <a href="#">guided meditation</a> ?   |
| 2:30pm-3:30pm  | <p>Journaling/Writing</p> <p>Things to write about/prompts:</p> <ul style="list-style-type: none"> <li>What do you think will be the short term implications of the pandemic and the school closures?</li> <li>How will society be different post pandemic? Why?</li> <li>How is this virus different from the flu? Why does that matter?</li> <li>What is the social impact on you of school closures? What is positive and what is negative?</li> <li>Is the governmental response that you are seeing adequate? What would you do differently if you were the mayor, governor or president?</li> </ul> |
| 3:30pm-11pm    | Relax, go outside, work on passions, time with family.  |
| 11pm           | Lights out, time to sleep!  |

- 2. Limit screen time as best you can:** Your children will probably need to use screens to complete their academics and keep occupied for part of the day, but try to avoid allowing your kids unlimited use tablets/phones/TVs all day long.
- 3. Spend quality time with your child:** This is an opportunity to spend special 1:1 time with your children playing, reading, cooking, going for walks, etc. In a time of uncertainty and anxiety, our kids need that special attention now more than ever. Here are some ideas of activities:

- a. <https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronaviruss-quarantine/>
4. **Ask for support:** Your school social workers, Mrs. DeVine is here to help. Email us (in English or Spanish) if you need help or advice on how to manage this time at home. We can also provide additional non-academic activity ideas.
- a. Mrs. DeVine: [holly.thompson@leonagroup.com](mailto:holly.thompson@leonagroup.com)