

Learning at Home Sample Schedule for **Elementary** Students

Below is a sample schedule for at-home learning. Time spent doing academic work should be based on the age and needs of your student.

Time	Activity
8:00 – 8:30	<input type="checkbox"/> Wake up with your morning routine <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Write, Discuss, Review your goals for the day
8:30 – 9:10	<input type="checkbox"/> Academic Work (time may be adjusted depending on child's age)
9:10 – 9:25	<input type="checkbox"/> Break Time – choose a break
9:25 – 10:05	<input type="checkbox"/> Elective/PE Time
10:05 – 10:20	<input type="checkbox"/> Break Time – choose a break
10:20 – 11:00	<input type="checkbox"/> Academic Work
11:00 – 12:25	<input type="checkbox"/> Eat Lunch <input type="checkbox"/> Free Time <input type="checkbox"/> Household Chores
12:25 – 1:05	<input type="checkbox"/> Academic Work
1:05 – 1:20	<input type="checkbox"/> Break time – choose a break
1:20 – 2:00	<input type="checkbox"/> Elective/PE Time
2:00 – 2:15	<input type="checkbox"/> Break time – choose a break
2:15 – 2:55	<input type="checkbox"/> Academic Work – read or listen to a story
2:55 – 3:25	<input type="checkbox"/> Email teachers about any questions you might have <input type="checkbox"/> Set goals for tomorrow

Goals for the Day

- What must be completed today?
- In what order should they be completed?

Academic Work Time

- Grab a drink or snack
- Choose a smart place to work to keep you focused
- No distractions - email closed, phone away, TV off
- Timer Set - Number of minutes for focused work

Break Time

- **Movement Break** – get outside, play basketball, yoga, dance
- **Mental Break** – journal, sing, Legos, play an instrument, draw, paint, do a puzzle, read, meditate, YouTube video
- **Social Break** – talk/text/FaceTime a friend, talk with a family member