

MAINTAINING ROUTINES IS IMPORTANT SAMPLE SCHEDULE

During this unprecedented time it is important for students and adults to maintain routines and schedules as it helps everyone feel secure as well as has everyone understand expectations. The following is a sample of what a day may look like while we embark in distance learning.

Time	Focus	Activities
8:30 am	Rise & Shine	Get dressed, get breakfast, prepare for the day
9:00 - 10:00am	Activities	Family walk, take the dog out, nature activities, play in the yard
10:00am - 11:30am	Academics	Check Google Classroom and email from teachers for assignments Read/work/study/write/complete assignments
11:30am - 12:30pm	Creative Activities	Play instrument, draw, LEGOs, craft kits, tinkering
12:30 - 1:00pm	Lunch	Help make lunch, eat, clean up
1:00 -2:30pm	Quiet Time	Read, nap, puzzles, quiet music
2:30 - 4:00pm	Academics	Continue work on assignments, educational websites & videos, school reading
4:00 - 5:00pm	Activities	Play in the yard, basketball, nature activities, bikes, walks
5:00 - 6:30pm	Dinner	Help make dinner, eat, help clean up
6:30 - Bedtime	Up to you!	