Distance Learning Weekday Schedule

8-8:45 a.m.: _____________________________________________

8:45-9 a.m.: _____________________________________________

9-9:30 a.m.: _____________________________________________

9:30-10 a.m.: _____________________________________________

10-10:30 a.m.: _____________________________________________

10:30-11 a.m.: _____________________________________________

11-11:30 a.m.: _____________________________________________

11:30 a.m.-12:15 p.m.: _____________________________________________

12:15-1 p.m.: _____________________________________________

1-2 p.m.: _____________________________________________

2-5 p.m. (or whenever work is completed): ________________________________

5 p.m.-Bedtime: _____________________________________________

Tips:

• Consistency is key!
• Add visuals to the schedule.
• Post it somewhere in the home where your child can see it.
• Review expectations every morning.
• Allow your child to pick the activities during play time. It gives them a sense of control over the situation.
• Be flexible! Things will change and that’s okay!

Resources

https://schoolclosures.org/khan-academy-sample-schedule
https://tuccionline.com/6179-2/