Sample Schedule for Young Kids

Distance Learning Weekday Schedule

8-8:45 a.m.: Wake up, get ready and eat a healthy breakfast
8:45-9 a.m.: Movement time (take a walk, do jumping jacks, follow a movement video listed in educational resources, walk the dog)
9-9:30 a.m.: Silent reading or read aloud
9:30-10 a.m.: Academic time or begin distance learning work
10-10:30 a.m.: Creativity break (draw, paint, listen to music, do a puzzle)
10:30-11 a.m.: Snack time (try cooking something together)
11-11:30 a.m.: Educational activity (tour a museum, listen to a podcast, show and tell)
11:30 a.m.-12:15 p.m.: Prepare and eat lunch
12:15-1 p.m.: Recess (play outside, ride bikes, play board games, do yoga)
1-2 p.m.: Academic time (Finish distance learning)
2-5 p.m. (or whenever work is completed): Relax, spend time with family, play
5 p.m.-Bedtime: Engage your child in their normal dinner and bedtime routine.

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/