



Sample Schedule for Older Kids

Distance Learning Weekday Schedule

8-8:45 a.m.: Wake up, get ready and eat a healthy breakfast

8:45-9:15 a.m.: Exercise (take a walk, pushups, yoga)

9:15-10 a.m.: Begin distance learning work

10-10:30 a.m.: Creativity break (draw, paint, listen to music)

10:30-11 a.m.: Eat a snack

11-11:45 a.m.: Continue academic work

11:45 a.m.-12:15 p.m.: Prepare and eat lunch

12:15-1 p.m.: Free time

1 p.m.-Completion: Finish distance learning

3-5 p.m. (or whenever work is completed): Relax, spend time with family, color, meditate, do something of your choice that makes you happy

Tips:

- Print out your schedule and post it somewhere where you can see it.
- Cross off each item when you're finished. It gives you a sense of accomplishment.
- Be flexible. Things will change and that's okay!

Resources

<https://schoolclosures.org/khan-academy-sample-schedule>

<https://tuccionline.com/6179-2/>

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The Movement for Children's Mental Health