



# Sample Schedule

## 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/>

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