



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/>

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