

Sample Daily Schedule for Learning At Home #1

| Time | Activity |
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| 8:00 a.m. – 9:00 a.m. | Wake Up and Prepare for the Day |
| 9:00 a.m. – 9:30 a.m. | Academic Learning Reading, ELA, Mathematics, Science, and/or Social Studies |
| 9:30 a.m. – 9:45 a.m. | Movement Break Stretch Exercise Dance |
| 9:45 a.m. – 10:15 a.m. | Academic Learning Reading, ELA, Mathematics, Science, and/or Social Studies |
| 10:15 a.m. – 10:30 a.m. | Brain Break Color/Draw a picture Play a game Put a puzzle together Prepare and eat a snack Sing Run in Place Yoga |
| 10:30 a.m. – 11:00 a.m. | Academic Learning Reading, ELA, Mathematics, Science, and/or Social Studies |
| 11:00 a.m. – 12:00 p.m. | Prepare and eat lunch Clean up your eating area |
| 12:00 p.m. – 12:20 p.m. | Read a book Listen to a story |
| 12:20 p.m. – 12:30 p.m. | Movement Break Stretch Exercise Dance |
| 12:30 p.m. – 1:00 p.m. | Academic Learning Reading, ELA, Mathematics, Science, and/or Social Studies |
| 1:00 p.m. – 1:30 p.m. | Brain Break Color/Draw a picture Play a game Put a puzzle together Prepare and eat a snack Sing Run in Place Yoga |
| 1:30 p.m. – 2:00 p.m. | Write in Daily Reflection Journal |
| 2:00 p.m. – 3:00 p.m. | Share daily learning with family and plan for next day of learning |
| 3:00 p.m. and Beyond | Family activities and responsibilities |

