

## Daily Schedule – At Home Learning

Time	Activity	Description	Resources
Before 9:00 AM	Wake Up	Keep your regular morning routine. Brush teeth, get dressed, eat breakfast.	
9:00 AM	Morning Walk/ Activity	It's important to stay active when social distancing. Weather not looking so nice? Do some indoor stretches or have your kids make up a dance!	<ul style="list-style-type: none"> <li>- <a href="#">Get Active in a Small Space</a></li> <li>- <a href="#">20 Minute Yoga for Kids (VIDEO)</a></li> <li>- <a href="#">Fun and Simple Stretches for Kids</a></li> </ul>
9:30 AM	Academic Learning	No screens, it's time to hit the books! Continue with school work provided by your child's school or use some of the free learning resources.	<ul style="list-style-type: none"> <li>- <a href="#">Kahn Academy</a></li> <li>- <a href="#">Scholastic</a></li> <li>- <a href="#">Outschool</a></li> </ul>
11:00 AM	Creative Learning	Use some our resources for fun indoor crafts and activities. Try painting, building, or have the kids follow a recipe for lunch!	<ul style="list-style-type: none"> <li>- <a href="#">Crafts for Kids</a></li> <li>- <a href="#">Easy Recipes for Kids</a></li> <li>- <a href="#">At Home Science Projects</a></li> </ul>
<b>12:00 PM Lunch</b>			
12:30 PM	Quiet time	Nap time for the little ones! Older kids can take this time to read, do a puzzle or any quiet activity they prefer. Try to stay off screens for now!	
1:30 PM	Academic Learning	After finishing off any required work, ask your kids what they want to learn about! Have some fun with it, do some research, watch some videos and see what you can find!	
3:00 PM	Outdoor Time	The school day is over! Spend some time outside, play in the back yard, go for a walk or a bike ride.	
4:00 PM	Chores	Clean up whatever has been left out from the day and help with setting up for dinner.	
<b>5:00 PM Dinner</b>			
6:00 PM	Free Time	Movies, TV, games? It's all on the table! You worked hard today, time to have some fun and wind down.	
<b>8:00 PM Bed Time</b>			
8:00 PM Onward	Mommy Time	You did it! Time for some much needed mommy time. Pour a glass of wine, grab a good book, catch up on a good show, or get to bed early!	