



# WHAT CAN DISTANCE LEARNING LOOK LIKE AT HOME?

## 5K-5TH GRADE SAMPLE SCHEDULE

### MORNING



#### Get up and ready

Wake up, eat breakfast, make your bed, do mindfulness exercise.



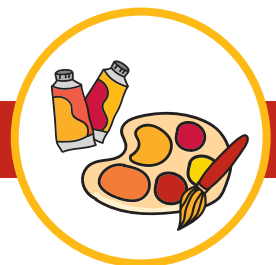
#### Physical activity

Dance to your favorite song, take a walk with an adult, etc.



#### Academic time

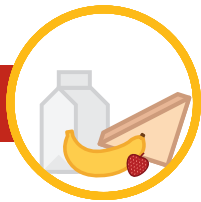
Log on to Seesaw. Review daily announcement from teacher(s) and get necessary learning materials (books, workbooks, etc.)



#### Creative time

Color, draw a picture, etc.

### EAT LUNCH



### AFTERNOON



#### Help around the house

Unload the dishwasher, help fold laundry, etc.



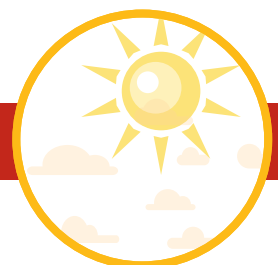
#### Quiet time

Take a nap, read a book, do a puzzle, etc.



#### Academic time

Log on to Seesaw. Return to assignments, keep working, document learning in whatever way is required.



#### Fresh air!

Go outside! Be safe.

VISIT OUR DIGITAL LEARNING WEBPAGE FOR MORE INFORMATION:

[www.sunprairieschools.org/district/distance-learning](http://www.sunprairieschools.org/district/distance-learning)