

Elementary Schedule - Example 1

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| 8:00 AM | Breakfast and family time. Talk about what your child is hoping to do today and discuss how they're feeling. |
| 8:30 AM | Time for play to start the day. If your child has a sibling, give them some time to play together. Having time together as a family is precious and sometimes hard to come by, take advantage of it! |
| 9:00 AM | Login to Google Classroom. Pick an assignment or two to have your child begin working on. If you have any questions about the assignments or work, reach out to the classroom teacher via email. |
| 10:00 AM | Go outside and play. If it's a nice day, get outside and play with your child(ren). If it's not, create some fun indoor activities. |
| 11:00 AM | Log back into the student's work or work on non-tech student work (reading, art, etc). If possible, try to work on a different assignment than earlier. |
| 11:30 AM | Lunch Break |
| 12:00 PM | Quiet reading or story time. |
| 12:30 PM | Nap/Rest time or Free Time |
| 1:15 PM | Log back into the student's work and begin a new assignment with your child. |
| 2:00 PM | Check back in with your child's teacher and submit all work that was completed. |
| 2:05 PM | Enjoy the rest of the day as a family and create memories they will never forget. |

Elementary Schedule - Example 2

We know that there will be days when a routine is not possible during the day.

Here as an example of what an evening work schedule could look like on those days.

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| 9:00 AM | Check your child's assignments and contact your child's teacher/s to let them know that work completion will be limited today. |
| 4:00 PM | Get together and talk about your day. Find some time for a family activity or game. |
| 5:00 PM | Log in to Google Classroom. Pick an assignment or two to have your child begin working on. If you have any questions about the assignments or work, reach out to your child(ren)'s classroom teachers via email. They likely won't email you back until the morning, but they are here to support you as much as possible, so don't hesitate to reach out to them. |
| 5:30 PM | Take a break and stretch out. Practice mindfulness |
| 6:30 PM | Log back into the student's work and begin a new assignment with your child. When finished submit all work that was completed. |
| 7:00 | Spend some family time and read a bedtime story together. |