



## Schedule for Elementary Students

**8:00 AM**

Wake up, shower, brush teeth, put on something comfortable to wear, and eat a healthy breakfast. Here are YES Prep [Free Breakfast and Lunch Locations](#)

**9:00 AM**

**Social and Emotional Learning:**

Children may respond to stress in different ways during this challenging time.

Visit [YES Prep Covid-19 Information and Updates](#)

**Mindfulness Activities:**

Here are ways to spend time every day to listen to your child and help them to stay emotionally healthy:

- [Fun Mindfulness Activities for Kids](#)
- [Caring for Preschoolers at Home](#)

**10:00 AM**

**Literacy Learning:**

Scholastic Learning at Home offers day-by-day projects to keep kids reading, thinking and growing:

- [Grades PK and K](#)
- [Grades 1-2](#)
- [Grades 3-5](#)

**Spanish:**

- [Children's Stories](#)

Popular fairy tales with Spanish translations, read by native Spanish speakers

- [Int'l Children's Digital Library](#)  
Free International Digital Library for Children

- [Read Conmigo](#)

Free Eng-Span books and literary resources for children grades PK-5

**10:45 AM**

**Physical Movement:**

[Go Noodle](#) features dance videos, yoga exercises and mindfulness activities for kids!

**11:15 AM**

**Math Learning:**

On Khan Academy, students are able practice math skills at their own pace, first filling in gaps in their understanding and then accelerating their learning.

- [Pre-K](#)
- [Kinder](#)
- [First](#)
- [Second](#)
- [Third](#)
- [Fourth](#)
- [Fifth](#)

**Noon**

Lunch and Quiet Time: [Here are YES Prep Free Breakfast and Lunch Locations](#)

**1:00 PM**

- [Elementary Hour of Code Computer Science Activities](#)

- [At-Home Arts and Crafts Activities](#)

- [Take the Stage](#) Interactive Arts Media for Kids

- [Children's Media Programming and Schedule](#) with Houston Public Media

**2:00 PM**

**Reading Aloud or Independent Reading:**

Read aloud with a family member or read independently a new book or re-read a favorite book at home.

- Access free books online via [Houston Public Library](#)
- Listen to a book on [Story Online](#)
- Listen to a story on [Circle Round](#)

**2:30 PM**

**Journaling:**

Keep a diary and write about the day and/or draw a picture about a favorite part of the day.

**3-4:00 PM**

**Playtime:**

Play a board game, cards, hide and go seek, a favorite video game, and/or something else fun to do.