

6th Grade Recommended Daily Schedule

Time	Activity	Resources
Before 9:00 AM	Wake up (Eat breakfast, make your bed, prepare for the day)	
9:00 – 10:00	Morning activity (Physical activities such as a walk or yoga)	25 Exercise Games and Indoor Activities to Get Kids Moving FUN FITNESS ACTIVITIES FOR KIDS FUN FITNESS ACTIVITIES FOR KIDS Fun Physical Activities for Kids of All Ages
10:00 – 11:00	Academic time (No electronics. Flash cards, problem solving activities, journaling, read, study notes)	
11:00 – 12:00	Creative time (Legos, drawing, music, cooking, etc.)	SMSD Parent Resource Site Lunch Doodles with Mo Willems! Art Prof Bill Nye The Science Guy
12:00	Lunch	
12:30	Chores (Based on the age and experience of the student)	
1:00 – 2:30	Quiet time (Reading, puzzles, nap)	Calm app Headspace app Stop, Breathe & Think Audible (free audio books, listening comprehension builds knowledge & improves vocabulary) Dreamscape Text Project Story Online National Geographic “learn at home”
2:30 – 4:00	Academic time (Electronics OK. Seesaw activities, learning apps, iPad games, academic games,) - see daily learning checklist above	
4:00 – 5:00	Afternoon activity (More physical activity)	Cosmic Kids Yoga Move to Learn YoMind
5:00	Dinner	
Evening	Family time	