

Time Management



10

Management Tips for School from Home

4. Simplify your meals. Some of the healthiest meals are the simplest meals. Breakfast can be simple, such as toast or cereal. Lunch is also simple, consisting of sandwiches or soup and fruit. Many times, the children help prepare these meals.
5. Declutter your home. To decrease frustrations, have a place for all School from Home materials, such as pencils, papers, books, scissors, etc.
6. Work on children's attitudes and training, don't just let things go. Now is the time to train them to help out with household chores and cooking. It's important that our children learn to be responsible.
7. Tackle the areas that bother you the most at first. Think of the ways you can avoid problems in the future and ways you can correct any problems now.
8. Don't try to do too much all at once. Focus on one area at a time. For example, right now, my closets all need reorganizing and decluttering. A realistic goal has been for me to do one closet a week until they are all finished.
9. Allow time to take breaks when needed, creative or movement breaks for your kids. Sitting for too long can be challenging for some kids.
10. Do not feel guilty if your homeschool does not sound as educational, organized, or perfect as your friends' homeschools. Very likely theirs are not as perfect as they sound. They have their trials and struggles at times.



"Never has it been more true than now that it takes a village . . . we are in this together for the well-being of the children. I wish you good health and happiness in the weeks ahead"



www.hamden.org



Call me and I will
call you back



ralbone@hamden.org



Daily Schedule Idea

7:00-8:30	Start the Day	<ul style="list-style-type: none">◦ get dressed ◦ make the bed◦ eat breakfast ◦ feed pets
8:30-9:00	Get Moving	<ul style="list-style-type: none">◦ walk the dog ◦ family walk◦ yoga, stretching, get moving inside if the weather is bad
9:00-10:00	Learn	<ul style="list-style-type: none">◦ school work◦ Google classroom
10:00-11:00	Create	<ul style="list-style-type: none">◦ drawings ◦ crafts ◦ Legos◦ blocks, magnet tiles ◦ baking
11:00-12:00	Lunch	
12:00-1:00	Get Moving	<ul style="list-style-type: none">◦ scooters and bikes ◦ play outside ◦ explore outside◦ music and dancing inside if the weather is bad
1:00-1:30	Work	<ul style="list-style-type: none">◦ chores ◦ tidy messes
1:30-2:30	Learn	<ul style="list-style-type: none">◦ school work◦ Google classroom
2:30-3:30	Fun	<ul style="list-style-type: none">◦ academic apps/games ◦ puzzles ◦ music◦ educational video games ◦ educational TV
3:30-5:00	Free Time	<ul style="list-style-type: none">◦ reading ◦ TV ◦ movie ◦ video games ◦ crafts ◦ coloring◦ playing outside
5:00-6:00	Dinner	
6:00-7:30	Family Time	<ul style="list-style-type: none">◦ family walk or bike ride ◦ game ◦ TV/movie◦ practice sports
7:30-8:30	Bedtime	<ul style="list-style-type: none">◦ showers and pjs ◦ brush teeth ◦ read books

