

## Sample Student At Home Learning Schedule

Daily Activity	Duration	Times per Day	Activity Options
<b>Academic Time</b>	K-1 45 minutes  2-3 60 minutes  4-5 90 minutes	Break into 5-10 min increments  15 minute increments  20-30 min increments	<ul style="list-style-type: none"> <li>★ Visit Classroom Website and review learning activities</li> <li>★ Complete learning activities</li> <li>★ Attend online learning sessions</li> </ul>
<b>Brain Breaks</b>	15-30 minutes	2-3	<ul style="list-style-type: none"> <li>★ Take a walk</li> <li>★ Get a snack</li> <li>★ Stretch</li> <li>★ Exercise /Dance</li> <li>★ GoNoodle</li> <li>★ Play outside</li> </ul>
<b>Meals</b>	30-60 minutes	3	<ul style="list-style-type: none"> <li>★ Eat breakfast, lunch, and dinner</li> <li>★ Interact with family members during meal time</li> </ul>
<b>Chores</b>	15-30 minutes	2-3	<ul style="list-style-type: none"> <li>★ Make bed</li> <li>★ Tidy up room and workspace</li> <li>★ Help prepare meals, set table</li> <li>★ Put away toys</li> </ul>
<b>Socialization</b>	30 minutes	2-3	<ul style="list-style-type: none"> <li>★ Call FaceTime friends or friends family</li> <li>★ Meet with clubs virtually</li> <li>★ Play board games, cards, backyard games</li> </ul>
<b>Enrichment</b>	Varies		<ul style="list-style-type: none"> <li>★ Read</li> <li>★ Create: use art supplies, legos, building materials</li> <li>★ Watch an educational program</li> <li>★ Play or learn a musical instrument</li> <li>★ Listen to a podcast or audiobook</li> <li>★ Write a letter or journal</li> <li>★ Explore virtual field trips</li> <li>★ Do puzzles</li> <li>★ Do puzzle book activities (word search, logic puzzles, crosswords, Sudoku)</li> </ul>