

# Sample Daily SCHEDULE

At school, students are used to following routines, which are important as they help children develop a sense of stability and order while also providing an opportunity to complete tasks with increasing independence.

We understand that parents and guardians have a variety of responsibilities and every family will adjust to distance learning in their own ways. Please feel free to use this outline as an example of how families can structure their child's learning experiences during school closures. Every family's routine will look different, so do what works best for you!



## MORNING ROUTINE

**Wake up at a consistent time each day. Have a healthy breakfast, brush your teeth and get ready for your day!**



## ACADEMIC TIME

**Review learning options. Decide what you want to focus on and accomplish.**



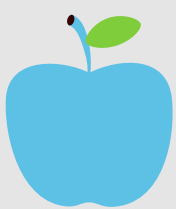
## CREATIVE TIME

**Focus on unstructured activities such as art, music, dance, crafting, coding or STEM activities. Just be creative and let your imagination flow!**



## PHYSICAL TIME

**Move your body! Walk, run, bike, hopscotch, and play outside if possible.**



## LUNCH

**Enjoy a healthy lunch. Brush your teeth and get ready for the afternoon.**



## QUIET TIME

**Unplug from devices. Read for at least 20 minutes or participate in a quiet activity.**



## ACADEMIC TIME

**Review more learning options and focus on academic activities.**



## AFTERNOON FRESH AIR

**Get outside again, if weather permits. Explore nature, take a walk and play!**



## EVENING ROUTINE

**Complete chores, play games and read. Enjoy a healthy dinner. Brush your teeth go to bed at a consistent time each night.**