# Early Education School Schedule

Our children thrive on routine. Consider keeping their regular bedtime and morning routines, sitting down for lunch at the same time they do at school, and writing out a daily schedule so that they know the plan for the day. Keeping these small things consistent can help our kids to feel regulated, calm and make a potentially scary situation feel much more predictable.

## Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Before 9:00AM</td>
<td>Wake Up/Morning Routine</td>
</tr>
<tr>
<td>9:00AM</td>
<td>Morning Movement Time</td>
</tr>
<tr>
<td>10:00-11:00AM</td>
<td>Academic Time- NO ELECTRONICS</td>
</tr>
<tr>
<td>11:00AM</td>
<td>Creative Time</td>
</tr>
<tr>
<td>12:00PM</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:30PM</td>
<td>Chore Time</td>
</tr>
<tr>
<td>1:00PM</td>
<td>Quiet Time</td>
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<tr>
<td>2:30-4:00PM</td>
<td>Academic Time-Electronics OK</td>
</tr>
<tr>
<td>4:00PM</td>
<td>Afternoon Fresh Air</td>
</tr>
<tr>
<td>5:00PM</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:00PM-Bedtime</td>
<td>Family Time/Free TV Time</td>
</tr>
<tr>
<td></td>
<td>Night Time Routine</td>
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</tbody>
</table>
Appendix of Activities

The following are suggestions and ideas for how to fill in your daily schedule. There are so many ideas outside of those listed here! Use this list as a way to get started.

**Scheduling Tips:**

1. Start small and build on success. It is a big adjustment to do school at home and you know your child best. They may benefit from a shortened day and gradually adding on other planned activities OR shortened time doing each activity and doing the schedule in entirety.

2. Plan ahead the night before to decide/plan some options that will work for the next day. Things to consider: weather, any scheduling conflicts, materials needed

<table>
<thead>
<tr>
<th>Outdoor Time</th>
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<tbody>
<tr>
<td></td>
<td>Take a walk outside</td>
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<tr>
<td></td>
<td>Go on a bike ride</td>
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<tr>
<td></td>
<td>Draw/play games/practice academic skills using sidewalk chalk</td>
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<tr>
<td></td>
<td>Create an obstacle course</td>
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<tr>
<td></td>
<td>Go on a nature scavenger hunt</td>
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<td></td>
<td>Create a treasure hunt</td>
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<td></td>
<td>Wrap a piece of masking tape around your child’s wrist with the sticky side facing out. Go on a “Nature Walk” and collect items from nature (leaves, grass, small rocks, flowers, etc.) and stick them on your masking tape “bracelet.”</td>
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<td></td>
<td>Make chalk dress up dolls with chalk and your own clothes</td>
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<tr>
<td></td>
<td>Play hop scotch</td>
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<tr>
<td></td>
<td>Jump rope</td>
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<tr>
<td></td>
<td>Make nature observations, document them in a nature journal</td>
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</tbody>
</table>

If weather does not allow outdoor movement time, try these indoor options:

- Play miniature bowling on any hard/flat surface. Set up pencil erasers as bowling pins and use a marble to knock them over.
- Play secret agent- secure sting/yarn in an angular, crisscrossing pattern down a hallway and let your child try to get the other end without touching a “laser beam”
- DIY tennis- use paper plates to create a racket using a popsicle stick. Provide a balloon and tell them to try to keep the balloon off the ground.
- GoNoodle.com, Cosmickids.com and Gaia.com for whole body movement and yoga videos
- Dance party
- Set up an obstacle course indoors
- Build a pillow fort
Reading:

- Bring A Book To Life: draw pictures of your children’s favorite book characters and cut them out to make puppets. Use the puppets to act out a scene together. Brining the narrative to life through dramatic play or retelling the story helps children better understand character development and the storytelling process.
- Build A Word Jar: flipping through a dictionary, write down new words and their definitions. Collect these new vocabulary words in a word jar. Take words out of the jar and create sentences out loud together. If there’s time, draw picture representing the new word to extend the learning.
- Listen To Your Children’s Stories: ask your child to tell you a favorite story. It can be a new story or an old one with new twists and characters. Write down what your child says. Read it back to your child. Save the story to read it again. Let your child’s imagination inspire you to come up with your own adult stories to write down and share later.
- Wake Up, Word Up, Letter Of The Day: over breakfast, work together to choose a letter of the day. Everyone looks for objects that begin with that letter during the day. You may see this letter everywhere! Or, you may notice it in a few places.
- Mary Had A Little Rhyme: learn a popular lullaby from another culture, or recite nursery rhymes you know by heart. Encourage your child to sing them with you. You can even change around the words to make the songs about your family! Nursery rhymes are important to the process of learning early language skills.
- Words, Words, Words: use magnetic letters or tile letters to create words within a word family. For example, using the -at family, your child may build cat, mat, hat, rat, and flat. You can also create word ladders, which is a chain of words that have one letter different each step. You might change the beginning, middle or end of the word.
- Can you arrange your books in alphabetical order by the titles or by the author’s last name? Can you group your books into groups of non-fiction and fiction? Can you group your non-fiction books by subject?
- Have your child read a “just right” book daily for 15-30 minutes.
- Read aloud to your student and ask comprehension questions such as:
  - What are you picturing as you read/hear this text?
  - What are you wondering about?
  - What has happened so far?/What have you learned so far?

Math:

- Counting Collections: have your child count a collection of items you have in your house such as buttons, toys, paper clips, etc. Have them make a drawing and record how they counted their collection. Count in different ways, by 2’s, 5’s, and 10’s.
- I Spy Shapes: look for items that are a shape match. Have your child search for 2D and 3D items in the house that are the same shapes. Find, classify and sort shapes in your home.
- Play Store!: count while you stock shelves or exchange and count pretend money.
- Measure Everything: use nonstandard tools like a shoe or even your hand to measure how tall a table is or how far you can jump.
• Examine Coins: look at coins and determine how old they are using the date. Sort them from oldest to newest coin. If you have a large collection of coins arrange them into a bar graph based on year or the location they were minted. What is the most common date or location? Find the sum of their ages. Find the difference between the oldest and the newest. If you have a large collection of coins arrange them into a bar graph based on year or location where they were minted. What is the most or least common year of location?
• Make a skee-ball game using sidewalk chalk. Draw consecutive circles and put a place value (10, 20, 30, etc.) that they could quickly add to keep track of their own score. For older students- use 45, 30, 15 or 3-digit numbers to make it harder. After setting it up, use a soft item (i.e. sponge, sock with rice in it, etc.) and take turns tossing trying to create the highest score with 4 tosses

**Social Studies/Science:**

• Mystery Dinner Guest: before dinner, have everyone choose a famous person from history and research the person’s life. While eating, take turns asking each other questions to learn more about the other “famous people” at the table
• Around the World: find a newspaper article or book about someone who lives in a different part of the U.S or world. Research and discuss as a family how that person’s every reality may differ because of where they were born. What do they wear? What do they eat? What games do they play? Learning to understand and respect cultural difference is important in our global and ever-growing diverse world
• What A Gem: when is your birthday? What is your birthstone? Look up where the gemstone comes from and learn about its special powers. Do you like your birth stone’s special powers? Which stone is your favorite?
• Nature Collections: collect rocks or leaves from outside and let your child think of creative ways to put the objects into groups (i.e. size, color, shape, texture). Ask students to explain why they chose the groupings they made
• Using household items, design and build the tallest free-standing structure you can build

**Writing:**

• Kid Friend Restaurant: create an imaginary restaurant with your child. Create a menu together, assign roles (host, server, chef) and discuss whom you would invite as your “customers”.” This is a great activity to explain why you would make certain choices and to use lots of details when describing menu items
• Turn Friends in to Pen Pals: together, write a letter and/or draw a picture to a friend or family member. Talk about what you might say or which fond memories you may share with the recipient. In addition to being a great deal of fun, writing a letter to someone helps your child practice important writing and storytelling skills
• Sidewalk Stories with Chalk: encourage your children to use chalk to write a poem or story about the weather or your neighborhood on the sidewalk. You could even suggest writing a poem about the sidewalk itself! Varying the writing medium will create excitement around the
literacy experience

- Create Picture Stories: take photos or draw pictures of your child doing a favorite activity. Write a story together, using the pictures as illustrations. Picture books help develop critical thinking skills as their brains take in the picture and the text and make connections between the two.

- Fun with Family History: did Grandpa fight in a World War? Was your grandma born in a different country? Write a story together about an important event in your family’s history. Illustrate the story and fasten it together into a book for the family library. Knowing where you came from is important to gaining a strong sense of identity.

- Gratitude Posters: our days get busy and sometime we forget to say “thank you” to the people who make our lives so very special. Make a list in words and/or pictures of three great things you like about each person in your family. Hang your lists up for everyone to see.

- Who is Important to You?: tell or write a story about an adult who is or was important in your life. Ask your child to do the same. Share your stories out loud and see if you can think of all the important people who make up your life.

- Letter/Sight Word Writing: pour sugar into a wide tray or shallow cardboard box. Give your child a straw or pencil and allow them to trace, draw and erase letters or sight words. You could provide a model by printing individual letters or words on a word document in a large font.
### Creative Time
- Get Cooking: bring math into the kitchen and include the whole family when preparing a recipe. Practice measuring out ingredients using different sizes of measuring cups. How many scoops does it take to make 1 cup? How many cups? How would you prepare the recipe for 24 guests? You don’t need to be a professional chef to share the joys of cooking and learning with your friends and family members.
- Homemade Floor Puzzle: use a piece of cardboard or large piece of paper and have your child draw a picture. Cut the pieces into various shapes and sizes. Have your child put the pieces together.
- Legos
- Arts and Crafts
- Play Music
- Make mix and match painted rock faces using paint and rocks
- Do some texture rubbings on leaves, grass, and other items you find outside
- Create a giant outdoor paper plate memory game using pictures, symbols, letters or words
- Create a maze using Q-tips
- Build an insect hotel
- Make index card towers
- Make a sun catcher
- Design paper airplanes
- Create a board game
- Create a scent box
- Create an instrument
- Create a word search
- Create a crossword puzzle
- Create patterns and explore different textures on play doh
- Create a photo booth. Use a sheet for a back drop and set out lots of props! Take hilarious pictures
- Create a time capsule
- Have your child make a plan and use electrical tape to make a cool racetrack, maze or set of streets for matchbox cars or other toys

### Chore Time
- Have kids help with the process of doing a whole load of laundry from start to finish
- Clean surfaces around the house while explaining how to safely use different cleaning products
- Load/unload the dishwasher
- Clean/organize your room
- Water plants
- Dust large objects
- Clean windows/mirrors
- Vacuum
- Mop the floor
- Help with meal prep
- Weed
- Sweep
- Get Mail

### Quiet Time
- Read
- Puzzles
- Nap
- Color or draw
Reading:

For specific skills focused on learning how to read:

- Starfall: Early reading and phonics games
  https://www.starfall.com/h/
- IXL: Reading practice for all skills by grade level
  https://ixl.com
- iReady: Reading printable packets and targeted practice
  https://www.curriculumassociates.com/supporting-students-away-from-school

For strategies focused on thinking about/analyzing what you read:

- Scholastic: Day by day reading activities for kids
  https://classroommagazines.scholastic.com/support/learnathome.html
- ReadWorks: Select from a variety of topics for reading passages with questions
  https://www.readworks.org/

To listen to engaging read alouds:

- Storyline Online: Videos of books read aloud by famous actors
  https://www.storyonline.net/

Math

For comprehensive lessons with detailed directions/videos for how to teach each skill:

- Engage NY: Printable math worksheets for problem solving and math skills
  https://www.engageny.org/
- Khan Academy: Math and science instruction for students with videos and practice
  https://www.khanacademy.org/

For specific math skills practice:

- IXL: Math practice for skills by grade level
  https://ixl.com
- iReady: Math printable packets and targeted practice
  https://www.curriculumassociates.com/supporting-students-away-from-school

For high interest content and increased student engagement:

- Prodigy: Math learning platform with interactive games
  https://www.prodigygame.com/

Other:

- BrainPOP: Animated educational videos, quizzes and activities for all subjects
  https://www.brainpop.com/
- Typing.com: Keyboarding, digital literacy and coding
  https://www.typing.com
- Education.com: Educational site that includes reading, math and writing activities  
  https://www.education.com/
- Mystery Science: Hand on science lessons and videos  
  mysteryscience.com/school-closure-planning
- National Geographic Kids: Online magazine including educational stories and games  
  https://kids.nationalgeographic.com/
- Hour of Code: Introduction to computer science and coding  
  https://hourofcode.com/
- Wonderopolis: A place where natural curiosity and imagination lead to exploration and discovery in learners of all ages through a wonder of the day  
  https://wonderopolis.org/

- Thoughtful TV Talk: watch a TV program together as a family. Afterwards, ask your child what part he or she liked best and why. Offer your own opinions, and talk about how tv sitcoms were different when you were growing up. Talking about television shows can help family members understand the experiences of others and build a stronger bond
- Family Fairytale Fun: start a story together as a family. One person starts the story and tells one to three sentences. Then the next person takes over and adds the next one to three sentences. See how everyone weaves their own interests and imagination in to the plot
- Family Sketches: unwind together as a family before bedtime and try out a few beginner yoga poses or deep stretching. Spending time relaxing together can be just as important as staying active
- Shape Up with Dinner Time: shapes are everywhere, even on your dinner plate. Look at your dinner table and name all the shapes you see as a way to practice recognizing shapes. See who can find the most! This can be done at any meal
- Imagination Vacation: imagine that you were going on vacation today. Where would you go? How long would you stay? What is the weather like and what will you do? More importantly, what should you pack? This is a great way to practice giving descriptions and thinking about important information, like weather and things to do
- Play a board game as a family
- Learn Something New: a new skill. A new card game. A new recipe. Read together on a subject that interests you all or watch a documentary. So many possibilities
- Movie Night: make it special. Lay on some blankets and pillows on the floor, or cuddle up on the couch. Don’t forget the popcorn and treats
- Take a Trip Down Memory Lane: look at photo albums and watch old family movies. Reminisce together about the past year