

Sample Daily Schedule to Consider

A predictable daily schedule is important to support student well-being.

Before 9:00 am	Wake-up, breakfast, get dressed, prep for the day
9:00 am - 9:30 am	Morning Movement/Exercise
9:30 - 10:30 am	Academic Time
10:30 - 11:00 am	Creative Time
11:00 - 12:00 noon	Family Free Choice
12 noon - 12:30 pm	Lunch
12:30 - 1:30 pm	Academic Time
1:30 - 2:00 pm	Chore time/Quiet Time/Independent Time
2:00 - 2:30 pm	Academic Time
2:30 - 3:00 pm	Creativity and Movement
3:00 - 4:00 pm	Afternoon Fresh Air
4:00 - 5:00 pm	Free Choice
5:00 - 8:00 pm	Dinner, Family Time, Bedtime

While we will be providing optional learning resources, please know that each family will have unique situations to consider. This is a time to be flexible, engage in self-care and family wellness, and create a family rhythm that will allow your child to maintain access to learning opportunities.

Below are some evidence-based activities that you can do with your family to promote well-being:

<http://www.parenttoolkit.com/>

<https://www.centervention.com/social-emotional-learning-activities/>