

# DAILY SCHEDULE

Create a DAILY SCHEDULE as a way to structure your child's day during any unexpected and extended days at home. The example schedule below should give you a sense of the types of activities and experiences that you may consider incorporating into your child's day. Then, a blank template is provided for you to fill in your own schedule. Keep in mind that a daily schedule is a way to provide some structure to the day; it should not create more stress. Feel free to mix up learning experiences with fun, playful moments throughout the day. Below are some tips and ideas to incorporate into your child's daily schedule.

## Morning Check-In

It is helpful to start the day with a quick check-in to go over the day's schedule and to clear expectations for the day, so your child knows what to look forward to. Take a moment to talk about:

- What went well yesterday that you can repeat or build on?
- What didn't go so well yesterday that can be improved today?
- What do you want to do today?
- What tasks need to be completed today?

## Lesson Time

There are numerous websites for independent or semi-independent learning at home. Many of them offer free or low-cost subscriptions to access lesson materials from across the subjects. Some good resources include:

- [ixl.com](https://www.ixl.com)
- [Education.com](https://www.education.com)
- [Khan Academy Kids](https://www.khanacademy.com/kids)
- [LeapFrog Learning Path](https://www.leapfrog.com/learning-path)

## Stories and Media Time

For readers, this is a good time to settle in with a good book. Age-appropriate podcasts and audiobooks are also good options. Many public libraries share links to websites that offer audiobooks for download. And here are a few podcasts to check out:

- [WOW in the World](https://www.wowintheworld.com)
- [Sesame Street Podcast](https://www.sesamestreetpodcast.com)
- [But Why: A Podcast for Curious Kids](https://www.butwhy.com)
- [Little Stories for Tiny People](https://www.littlestories.com)



## Physical Activities

It is important to integrate physical movements and activities throughout the day. For a quick break, simple games like Freeze Dance and Simon Says can be played anywhere with a little bit of space. By mid-afternoon, your child may need something more involved to expend some energy. Give some of these ideas a try:

- Paper airplane race around the house (or backyard)
- Juggling tricks
- Dance along to popular songs with [GoNoodle](#)
- Practice mindfulness while exercising your body with [Cosmic Kids Yoga](#)

## Arts & Crafts

Arts and crafts activities are perfect for exploring new skills as a family and for your child to express himself or herself freely. Here are some ideas and resources that might inspire you and your child:

- [Lunch Doodles with Mo Willems!](#) features a series of videos to inspire children to draw
- [Origami for Kids](#) offers step-by-step photo instructions to fold all kinds of animal faces
- Experiment with over 40 ways to fold a paper airplane at [Fold'n'Fly](#)
- Be inspired by websites like [Easy Peasy and Fun](#) for countless ideas to keep your kids occupied



# EXAMPLE

## DAILY SCHEDULE: Monday March 23, 2020

Before 9AM	Wake-Up Routines	Get dressed, brush teeth, and eat breakfast
9:00 am	Morning Check-In	Set clear expectations for goals and tasks for the day
9:30 am	Lesson Time	Complete <a href="#">Carnival Marvel Pages 5-10</a>
10:15 am	Recess & Snacks	Eat a healthy snack, followed by a 5-minute dance party
10:30 am	Household Responsibilities	Sort the laundry by colors
11:00 am	Social Connection	Video-chat with grandparents
11:30 am	Stories or Media	Listen to <i>But Why</i> podcast episode: <a href="#">Why do lions roar?</a>
12:30 pm	Lunch Break	Eat a healthy lunch, then play Freeze Dance in the yard
1:30 pm	Afternoon Meeting	Review how the morning went and discuss plan for the afternoon
2:00 pm	Arts & Crafts	Follow along <a href="#">a video tutorial</a> to make origami dogs
2:30 pm	Move Your Body	Follow along to <a href="#">Cosmic Kids</a> for a fun yoga session
3:00 pm	Choice Time	Today's choices - virtual zoos and museums: <a href="#">Monterey Bay Aquarium</a> , <a href="#">San Diego Zoo</a> , <a href="#">Smithsonian</a>
4:00 pm	Reconnect	Spend 5 minutes together to review today's activities



## DAILY SCHEDULE: \_\_\_\_\_


