

Suggested Schedule for Distance Learning

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| Before 9:00am | WAKE UP | Eat breakfast, get dressed, brush your teeth. |
| 9:00- 9:45 | MORNING MOVEMENT | Cosmic Kids Yoga on Youtube, Freeze dance (dance to music/pause the music and freeze), search brain breaks for kindergarten on Youtube. |
| 9:45-10:45 | ACADEMIC TIME | NO ELECTRONICS Complete a writing, word work, and math activity. |
| 10:45-11:30 | CREATIVE TIME | Complete an art project, legos, craft, cook/bake with an adult, play music. |
| 11:30-12:00 | LUNCH | |
| 12:00-12:30 | CHORE TIME | Wipe off the kitchen table, wipe down all door knobs & light switches, help fold the laundry |
| 12:30-1:15 | QUIET TIME | Reading, puzzles, nap |
| 1:15-2:15 | ACADEMIC TIME | ELECTRONICS OK Do iReady Reading and Math lessons, Tech Time, and Reading activity. |
| 2:15-2:45 | RECESS | Ride bikes, walk the dog, play outside |
| 2:45-3:15 | FREE READING | Read a book (or two) and record it on your reading log. |

*THIS IS JUST A SUGGESTION...Please modify to fit your needs.