

Suggested Schedule for Distance Learning

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.