

Sample Learning Schedule: Grades 1-5

Work together with your child to create a flexible schedule, allowing him/her choice in the variety of activities and times throughout the day. The schedule should consider the following daily activities.

Activity	Amount of Time	Examples
Reading, Writing and Math	1 hour per day or 5 hours per week minimum. This could be broken into 3 - 20 minute blocks of time 3 times daily e.g., 20 minutes after breakfast, 20 minutes after lunch, and 20 minutes after supper	<ul style="list-style-type: none"> ● Work assigned by the teacher in the areas of reading, writing and math. ● Meeting online or over the phone with the teacher as scheduled. <p><i>*once a week or every second week as predetermined with parent and teacher</i></p>
Other Subject Areas (such as phys ed., arts ed., science, etc.)	Optional	Fun activities suggested by the teacher, such as: <ul style="list-style-type: none"> ● Watch an educational video ● Research an area of interest ● Do an art project ● Watch and move with a workout video
Optional ideas for parents to consider:		
Wellness (physical activity, snack, brain breaks)	Suggested: 3 times per day (15-30 minutes each)	<ul style="list-style-type: none"> ● Take a walk ● Have a snack ● Play a game outside ● Indoor dance party ● Make a fort indoors ● Play hide and seek
Socialization	Suggested: 2 or 3 times a day (30 minutes each)	<ul style="list-style-type: none"> ● Facetime or meet online with friends and family ● As a family, play a board game, card game or backyard games ● Do a craft or prepare a meal with a family member ● Guessing games, tell jokes, put on a play
Enrichment Activities	Varies, depending on the joint interests of parents and child and time available	<ul style="list-style-type: none"> ● Be read to! ● Create something (cooking, art materials, building, music, etc.) ● Play or learn a musical instrument ● Do chores ● Projects based on areas of interest (crafting, painting, collages) ● Puzzles (sudoku, wordsearch, crossword, etc.) ● Free play: Lego, build a fort, imaginary play