

Ingredients for a Successful Home Learning Schedule



As parents, caregivers, and educators strive to create a balanced schedule during school closures, please remember that there is not one “right” way to make this work. What works for your family will depend on a variety of factors and may be different than what works for other families. Whatever your daily family learning recipe might look like, the following ingredients may be helpful.

Morning Wake Up Routine

Schoolwork Time

Class Assignments, Reading, Writing, Math

Movement Time

Dancing, Stretching, Exercising

Eat/Brain Break

Exploration Time

Digital Learning, Reading, Asking and Investigating

Creative Time

Drawing, Crafting, Performing, Building, Playing, Cooking, Music

Eat/Brain Break

Outdoor Time

Walking, Biking, Skating, Nature Exploration (while practicing safe social distancing)

Listening/Watching Time

PBS Television Channels, Child-Friendly Podcasts

Family Fun

Evening Routine

Other schedule samples are available online:

[Sample 1](#) [Sample 2](#) [Sample 3](#)