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