

## Schedules!

We all know just how important a daily schedule is. They give us a sense of being at ease and a set of expectations to look forward to throughout the day. For students, developing and following routines and schedules can influence their emotional, cognitive and social development, help them feel safe and secure, can help reduce behavioral problems as well as encourage higher engagement during learning time. Another added benefit of following a schedule is to help children and parents establish some normalcy during this time where stress levels are high and there is so much uncertainty.

Below are some daily schedules for our students and their families. No schedule is perfect unless it is a good fit for the family. I encourage parents to not only follow a schedule but modify the times to work for the family unit. Some students wake up early and can be ready to start the day between 7-8AM, however; there are some students who may struggle to wake up in the morning, therefore that start time would be unrealistic and maybe more stressful. One of the most important factors with setting your child on a schedule during this time, is to be CONSISTENT! Consistency is key, as children will begin to understand what is expected and feel excited for what is to come.

### *Parent note:*

First an applause (because you are amazing). Second, here are some factors to think about when implementing and starting a distance learning schedule for your family:

1. Before engaging in school, follow the typical morning routine: Shower if that is their habit and personal hygiene. Have your student change out of sleeping clothes into 'school clothes' to indicate that they are entering a different part of their day.
2. Pick a place in the house where your child will be doing their work (kitchen table, living room floor or office, preferably not their bedroom) that is free from distractions such as electronics and have the student have all their school supplies at the ready (backpack, device, pencils/pens, books, worksheets) in one place.
3. Set timers/limits to pace their work to help them feel that the day has structure.
4. School time should be as defined as possible (8am-3pm). Breaks during the school day should be close to typical in school breaks such as a snack, outside time, lunch and even a time to rest. Breaks should NOT include: videogames or TV or streaming or YouTube.
5. Students should have at least one hour of physical activity per day. Some ideas include: take a walk, walk the dog, run a mile, jump on a trampoline or sports.

Parents all across the nation are being asked to take on working from home and deliver an adequate education to their children. Please know you are not alone in this, not every day will be perfect, be patient with your children and yourself and take it one day at a time, we're here in this with you.

-your SVUSD team

# Sample 1

## Daily Schedule

|                |                 |  |
|----------------|-----------------|--|
| Before 9:00 AM | Wake up!        | Make your bed, eat breakfast, brush teeth, get dressed                     |
| 9:00-10:00     | Outdoor Time    | Family walk or outdoor play  |
| 10:00-11:00    | Academic Time   | No Electronics! Reading, homework, study, puzzles, journal                 |
| 11:00-12:00    | Creative Time   | Creative play, drawing, Legos, crafts, music, cooking, baking              |
| 12:00-12:30    | LUNCH           |  |
| 12:30-1:00     | Home Chores     | Clean rooms, put away toys, take out garbage, pet care                     |
| 1:00-2:30      | Quiet Time      | Reading, nap, puzzles, yoga  |
| 2:30-4:00      | Academic Time   | Electronics OK! Educational games, online activities, virtual museum tours |
| 4:00-5:00      | Outdoor time    | Family walk or outdoor play  |
| 5:00-6:00      | Dinner time     | Family dinner, help with clean-up and dishes                               |
| 6:00-7:00      | Bath time       | Bath or shower   |
| 7:00-8:00      | Reading/TV time | Relaxing before bedtime  |
| 9:00 PM        | Bedtime         | Put on PJs, brush teeth, clothes in laundry                                |

## Sample 2

# COVID-19 Daily Schedule

@thedenverhousewife

for kids

|            |                      |   |
|------------|----------------------|---|
| Before 9am | Wake Up              | Wake up, eat breakst, make bed, get ready for the day               |
| 9-10am     | Free Time            | Watch TV, Ipad, Play Games, ect                                     |
| 10-11am    | Outside Time         | Take a walk, play in the yard or walk dog                           |
| 11-12am    | Creative Time        | Art projects, Slime, Coloring, ect                                  |
| 12-12:30pm | Lunch                |   |
| 12:30-1pm  | Chores               | Do appropriate chores   |
| 1-2pm      | Quiet Time           | Read, Puzzle, Nap, or color   |
| 2-4pm      | Academic time        | Educational Games, Math, Online education, Science Project, Writing |
| 4-5pm      | Outside or Play Time | Go outside to ride bikes or play in the house                       |
| 5-6pm      | Dinner               |   |
| 6-9pm      | Free time until bed  | Free choice time. 1am Movie<br>Take showers/ready for bed           |

# Sample 3

## Our Family Schedule

| Time       | Monday                             | Tuesday                            | Wednesday                          | Thursday                           | Friday                             |
|------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 7:00 am    | Shower                             | Shower                             | Shower                             | Shower                             | Shower                             |
| 8:00 am    | Breakfast<br>School Time           | Breakfast<br>School Time           | Breakfast<br>School Time           | Breakfast<br>School Time           | Breakfast<br>School Time           |
| 9:00 am    | ↓                                  | ↓                                  | ↓                                  | ↓                                  | ↓                                  |
| 10:00 am   | ↓                                  | ↓                                  | ↓                                  | ↓                                  | ↓                                  |
| 11:00 am   | LUNCH BREAK                        | LUNCH BREAK                        | LUNCH BREAK                        | LUNCH BREAK                        | LUNCH BREAK                        |
| 12:00 noon | ↓                                  | ↓                                  | ↓                                  | ↓                                  | ↓                                  |
| 1:00 pm    | ↓                                  | ↓                                  | ↓                                  | ↓                                  | ↓                                  |
| 2:00 pm    | Clean School Rm & Refill Workboxes | Clean School Rm & Refill Workboxes | Clean School Rm & Refill Workboxes | Clean School Rm & Refill Workboxes | Clean School Rm & Refill Workboxes |
| 3:00 pm    | Chores<br>Check email              | Chores<br>Check email              | Chores<br>Check email              | Chores<br>Check email              | Chores<br>Check email              |
| 4:00 pm    | Kids Free Time                     | Kids Free Time                     | Kids Free Time                     | Kids Free Time                     | Kids Free Time                     |
| 5:00 pm    | Dinner Prep                        | Dinner                             | Dinner Prep                        | Dinner                             | Dinner Prep                        |
| 6:00 pm    | Dinner                             | Swimming                           | Dinner                             | Swimming                           | Dinner                             |
| 7:00 pm    | Bed Time                           | Bed Time                           | Bed Time                           | Bed Time                           | Bed Time                           |
| 8:00 pm    | Work/Blog                          | Work/Blog                          | Work/Blog                          | Work/Blog                          | Work/Blog                          |
| 9:00 pm    | Mom & Dad Free Time                | Mom & Dad Free Time                | Mom & Dad Free Time                | Mom & Dad Free Time                | Mom & Dad Free Time                |

# Sample 4

TEEN SMART GOALS

## WEEKDAY SCHEDULE

FOR TEENS

| TIME  | MORNING                    | ACTIVITY                             |
|-------|----------------------------|--------------------------------------|
| 8:00  | Get up and going           | Wake up, get breakfast, get dressed! |
| 9:00  | Distance Learning          | Language arts, math, science         |
| 11:00 | Break                      | Catchup with friends online          |
| 11:30 | Family Teamwork            | Chores, room and house cleanup       |
| NOON  | LUNCH                      | Help prep and clean up               |
| 1:00  | Goal time!                 | Work on your action plan             |
| 2:00  | Distance Learning          | Social studies, foreign language     |
| 4:00  | Outside Activity, Movement | Be safe, but get moving!             |
| 5:00  | Family Time                | Play a game, call a grandparent      |
| 6ish  | DINNER                     | Dinner prep and cleanup              |
| 7:00  | Personal Time              | TV, screen time, chat with friends   |
| 9:00  | Quiet time                 | Read, write in journal (no screens)  |
| 10:00 | Get ready for bed          | Turn in phones and electronics       |

**Sample 5** *(Use morning meeting to choose Activities for the day.)*

| <b>Time</b> | <b>Activity</b>                      |
|-------------|--------------------------------------|
| 9:00-9:30   | Morning Meeting (Activity Selection) |
| 9:45-10:30  | Activity Period 1                    |
| 10:30-10:45 | Snack                                |
| 11:00-11:45 | Activity Period 2                    |
| 12:00-12:30 | Lunch                                |
| 12:45-1:30  | Activity Period 3                    |
| 1:45-2:30   | Activity Period 4                    |
| 2:30-2:45   | Snack                                |
| 3:00-3:30   | Activity Period 5                    |
| 3:30-4:00   | Dismissal                            |