

Creating a Home Learning Schedule Grades 5-12

Creating a routine for your family will help make the most of the learning time you have together during this school closing. Many young adults feel most comfortable when following a schedule, just as they do in school. Creating a schedule at home will help to ensure that your child remains happy while engaged in meaningful learning and activities during this school break.

As you develop a daily schedule for your family, you may want to consider the following:

- Parents and caregivers may consider factoring in two periods of outdoor time so kids of all ages can let out their energy and keep their spirits up. Consider a walk around the block, bike ride or an outdoor workout- keeping in mind social-distancing parameters.
- Helping around the house reminds teens and kids that they're an important part of their family units. Completing chores gives youngsters a sense of control over their own safety, and helps them to develop a sense of responsibility.
- For teens, constantly reading the Coronavirus updates can lead to more stress. Consider allowing the use of screens only for educational apps and websites during the daytime and save social screen time for later in the evening as a reward.
- While it may be easy to draft a schedule, the hard part is actually sticking to it. Consider creating the schedule as a family. Keep it posted around the house so kids and teens can see it every day and make check marks next to their completed tasks.

Sample Daily Schedule		
Time	Activity	What does it look like?
By 8:30	Wake up	Eat breakfast, get dressed, set a goal for the day
9:00-10:00	Morning Fresh Air	Walk/run outside, ride a bike, play a sport, workout
10:00-10:30	Chores	Complete daily household chores
10:30-12:00	Academic Time	Complete schoolwork, study, read
12:00-12:30	Lunch	Enjoy lunch, connect with a friend online
12:30-1:30	Talents and Goals	Focus on developing one goal you have been focusing on (i.e. drawing, poetry, playing an instrument)
1:30-3:00	Academic Time	Complete schoolwork, study, read
3:00-3:30	Break Time	Screen time allowed for texting friends, gaming, etc.
3:30-4:30	Afternoon Fresh Air	Walk/run outside, ride a bike, play a sport, workout
4:30-5:30	Academic Time	Complete schoolwork, study, read
5:30-6:30	Dinner	Help with prep and clean up
6:30-7:30	Family Time	Spend time with family in discussions, playing games, service projects, etc.
7:30-9:00	Free Time	Work on hobbies, movies, screen time
9:00-10:00	Bedtime	Get ready for bed, journaling, meditating

<https://nypost.com/2020/03/16/how-to-keep-your-kid-on-a-schedule-during-coronavirus-school-closings/>