

## Example of Daily Schedule

Plan with your child what remote learning is. Make the schedule together.)

### *Good Morning*

Get dressed independently and make bed

### *Breakfast*

Pour our own milk or juice. Help prepare breakfast. Beat eggs with a fork. Spread butter on toast. Set table.

After eating, carry dishes to sink. Help load dishwasher or hand wash dishes. Wipe table with damp sponge or dish cloth. Sweep any spills on the floor.

### *Brush teeth*

### *Morning Activities*

No entertainment/screen time should be on! Prepare environment for quiet work time. Choose two or three activities from a various Resource folders. The goal is focused concentration with an emphasis on process over product. (Parent records work done on activity grid.)

After an hour of two of purposeful activity, take a break. Walk up and down the stairs. Do jumping jacks. Walk around the block or collect the mail with mom, dad, or older sibling.

### *Snack*

Help prepare snack and pour own beverage.

### *Back to work.*

Return to saved work or start a new project

### *Lunch*

Help prepare lunch. Peel bananas, pour own drinks, rip lettuce for salad, stir soup, help make sandwiches. Clean up table, floor, and kitchen area after meal.

*Take a rest. Look quietly at a book.*

### *Afternoon activities*

Continued schoolwork, if desired. Play time. Clean up toys when finished. Help with housework, chores, as needed.

### *Evening*

Help prepare evening meal. Family time. Prepare for bed. Brush teeth. Select clothes for the next day. Go to bed on time. Pleasant dreams.