

Remote Learning Schedule

Time	Activity
	Breakfast
	<p>Assisted learning/Video learning</p> <p>Work with your child on an assigned academic activity. Or, join your child in video learning. Refer to your child's classroom resources and be available to help and support your child as he works on school work.</p>
	Free time-outside or inside
	<p>Independent learning/Video learning</p> <p>Have your child work on a manageable learning assignment that she can do on her own. Or, have her participate in video learning. If your child is younger, you can instruct her to do an activity such as writing her name, numbers, or tracing letters. Workbook assignments work well during this time.</p>
	Lunch
	<p>Reading</p> <p>Your child can read independently, or you can read a book to your child. Or, split the time between the 2 activities. This time is appropriate for writing a book review or filling in a book tracking log.</p>
	<p>Fitness-indoor or outdoor</p> <p>If possible, find an outdoor activity to do with your child. Take a walk or hike, play basketball, or go to the park. If you are confined at home, kids can jump rope, hula hoop, or play hop scotch. If inside, have a dance party, or do some indoor yoga or stretching!</p>
	<p>Nap time or Quiet time</p> <p>Have your child find a quiet activity. Younger kids may nap.</p>
	Snack
	<p>Art</p> <p>Have fun doing an art project together. Or, if there is a project through your child's school, work on that. If mom or dad needs some work time, get out the art materials and direct your child in a project.</p>
	<p>Chores</p> <p>Use this time for chores. Even if your child is young, she can perform simple tasks such as putting toys in the toy box or putting clothes in a hamper. Remember that younger children need guidance and supervision with chores.</p>