



# Remote Learning Suggestions for Success

## CREATE A SCHEDULE & TRY TO STICK TO IT

Now that you have your Remote Learning Plans, draft a ***school day' schedule*** that will work for your family, then commit to sticking with it each weekday.

Here are some helpful tips to guide your time at home and your daily schedule:

- Focus on reading, writing and math work first thing in the morning, after breakfast, while everyone is fresh. These subjects will take more focus and brainpower.
- Set timers. You can always work longer, but it sometimes helps to know that "I only have to do this for 15 minutes."
- Use science and social studies/art projects as the cherry on top of the academic work. Complete these fun projects at the end of the 'school day' as they are highly engaging and feel like rewards for completing.
- Use PE plans to break up other work and keep bodies and brains energized.
- Some families will want to complete their 'school day' in one big chunk of time in the morning, while others may choose to spread academic work throughout the day. It is appropriate for parents to choose what works best for your learners. However, I would caution you not to put learning off to the end of the day, as this will lead to more dragging-of-feet, disagreements, and potential fights due to tired kids and parents with fried nerves.

## COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs B - wipe all door handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Check out the example of a home schedule that you can model your day after, but please tweak it to work for your family! I'm sure that input from your students would be greatly appreciated, also.

Stay tuned for more tips and tricks to be successful with remote learning.

Be well and stay home safe everyone!

Sincerely,

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