

Tips for Creating a Schedule for Children home during the COVID-19 Outbreak:

(Adapted from the Family Education article, *At-Home Learning Resources for the COVID-19 Outbreak* by Julie Mason, mom of 3, former classroom teacher & Head of Content & Curriculum for Teacher Vision.)

Whether you are a parent or a teacher, you are undoubtedly thinking about how to help children learn and thrive despite these challenging circumstances.

Teacher Vision and Family Education have partnered to bring you resources we hope will make scheduling children's days less daunting. We designed this schedule and share these resources with the hope that you can develop temporary systems that create a positive routine for you and best support in the weeks to come.

The graphic is a teal-colored rectangular box with a white title at the top: "COVID-19 AT-HOME LEARNING PLAN". Below the title is a vertical list of time slots on the left, each in a light blue box, and corresponding activities in white boxes on the right. At the bottom of the graphic are the logos for "familyeducation" and "TeacherVision".

Time	Activity
BEFORE 9 AM	Wake up. Brush teeth, get dressed, make bed, eat breakfast, etc
9 AM	Set an intention and plan for the day
10 AM	Screen-free academic time
11 AM	Feelings check-in
12 PM	Get moving and eat lunch
1 PM	Downtime and rest
2 PM	Free-choice reading and snack
3 PM	Get moving
4 PM	Reflect
5 PM	Dinner and family time

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A suggested schedule parents can follow to maintain learning while kids are home during the COVID-19 outbreak.

9 AM: Set an Intention and Expectations

Set Clear Expectations and Review Them Each Morning

Anytime you introduce children to a new structure or routine, it is helpful to set clear expectations and discuss what success will look like. Use the [Daily Tasks Checklist](#) (see below) to chart out a schedule that everyone can buy into and understand.

For busy parents who are juggling work and supervising their children while school is closed, there is a box for students to check off the task when it is completed. Most importantly, there is a self-assessment. When you first start creating a daily schedule, you need feedback on how it is going. If a child circles the frown face that is an indication that they either didn't have enough support to complete the task or it wasn't engaging enough. Use the self-assessment as a conversation starter as you troubleshoot your schedule and tools, and be prepared to make adjustments.

Support Kids In Making Good Choices

If you are working from home and caring for your children, you will need to schedule some self-guided activities. It can be challenging for children to manage their own time, maintain focus, and complete tasks without adult support and supervision. Use the [Behavior Checklist](#) (see below) to set clear expectations. Write out behavior goals using empowering "I can..." statements. Some examples include "I can follow my schedule" and "I can ask for help when I need it." There is a place for kids to check if they met the expectation or not, and there is a place to reflect on how it went.

10 AM: Academic Time

With so much going on in your own life, sitting your kids down with the iPad or TV might seem like an easy way to occupy them while you get other things done. However, it's important to maintain learning while at home.

Balance Academics and Play

Since students are expected to complete classwork via Extended Online learning, you will need to plan a learning/play schedule. As you plan, think of activities that combine learning and fun. One of our favorites is to [ask kids to read a book, and then watch the movie](#).

11 AM: Feelings Check-In

Help Kids Express Their Feelings and De-Stress

Many kids are feeling anxious and confused right now. Schools closed with little notice, and the daily routine looks very different right now (or is missing altogether). It is important to find time in the day to check in with children and use strategies and activities to help them express their feelings and de-stress.



Alyssa Bellardino, a third-grade teacher in Roxbury, NJ believes it is important to incorporate social-emotional learning (SEL) into distance learning models. She created a [Daily SEL Challenge](#). This free resource is full of activities that motivate kids to complete acts of kindness and connect with family members and friends.

Daily SEL Challenge

- Create a calming corner or spot in your house with your favorite things.
- Write a journal entry about how you are feeling today.
- Self-love and self-compassion are important! List 5 ways you can be kind to yourself.
- Make a list of 15 kind things you can do for others.
- Do a mindfulness activity on GoNoodle Flow.

- Do something kind for someone. Write about how it made them (and you) feel.
- Write a kind note or letter to someone else. Take a picture of it or send an email.
- Draw a portrait of someone you know who is a leader. List the qualities that make them a leader.
- Email a teacher and thank them for all of their hard work.
- Spend time with a family member by watching a movie, playing a game or taking a walk together.
- Teach a friend or family member a skill or strategy you've learned.

12 PM: Get Kids Up and Moving (Give them a break from the screen!) & lunchtime

Kids need movement and play in order to learn and thrive. It is recommended that children play before they eat lunch, and that they have opportunities for unstructured play. They also need to take screen breaks and get moving despite school closures due to COVID-19.

1 PM: Downtime & Rest

Children also need a “brain break” during the day. This could be a short nap or deep breathing exercises.

2 PM: Free Choice Reading and Snack Time

3 PM: Get Moving (Give them a break from the screen!)

4 PM: Reflect

Check In With Your Kids

Take the time to circle back to the Daily Tasks and Behavior Checklists, and talk to your kids about how things went during their day. This is a great learning experience to help parents understand what worked, what didn't, what needs more time, less time, etc.

Daily Tasks Checklist

Task	Did you complete it?	How did it go?
		 
		 
		 
		 
		 
		 

Behavior Checklist

Expectation	Did you Meet it?	How did it go?
		 
		 
		 
		 
		 
		 

