*Sample In-Home Learning Schedule*

A consistent, predictable schedule supports daily structure and organized routines for students and will assist with their continued learning, health and wellness. It is important to maintain consistency for our students and children during these challenging times. Implementing a regular routine for our students is important and the use of a *sample in-home learning schedule* such as the one below can be used as a tool to support these consistencies and are meant to be flexible and adjusted to align with varying family and student needs.

|   | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| --- | --- | --- | --- | --- | --- |
| **Morning Routine** | Follow [wake-up task schedule](https://docs.google.com/document/d/16dKG3e-cde2sZEkLykWmEzt7Ug0weT68AZd4WTtw09Q/edit). Go to your daily workspace. Choose your reward for work completion! |
| **Reading** | Work on assigned book through [MyOn](https://login.rentonschools.us/#/applications) or do [ULS](https://www.n2y.com/unique-learning-system/) for 15-20 minutes |  | Work on assigned book through [MyOn](https://login.rentonschools.us/#/applications) or do [ULS](https://www.n2y.com/unique-learning-system/) for 15-20 minutes |  | Repeat a lesson of your choice from Monday or Wednesday |
| **20 minutes:** Independently read or partner read with caregiver |
| **15 minutes:** Optional enrichment activities (e.g. [RazKids for free parent account](https://www.learninga-z.com/site/lp2/covid19#parents)!) |
| **Stretch Break**This picture depicts the "stretch time" cue for someone.  For example, there is a picture of stretching with both arms extended parallel to the ground and someone in a yoga pose. | **30 minutes: Access your reward!**Move around, play a game, get some exercise and fresh air!Check out the PE section on the [Students & Families](https://www.rentonschools.us/students-families) resource page for ideas. |
| **Math** |  | Complete one [Dreambox](https://docs.google.com/document/d/1k5VxEiTW64IgDjwDQaequhXzEw2AicdcgdGk7DUiqQo/edit) math lesson or work on [ULS math](https://www.n2y.com/unique-learning-system/) |  | Complete one [Dreambox](https://docs.google.com/document/d/1k5VxEiTW64IgDjwDQaequhXzEw2AicdcgdGk7DUiqQo/edit) math lesson or work on [ULS math](https://www.n2y.com/unique-learning-system/) | Repeat a lesson of your choice from Tuesday or Thursday |
| **15-30 minutes:** Optional enrichment math activities ([Starfall](https://www.starfall.com/h/) or choose from the Virtual [Learning](https://www.rentonschools.us/learning-and-teaching/special-education/in-home-learning-resources-special-education) Resources RSD page) |
| **Lunch Break**This picture depicts the "lunch time" cue for someone.  For example, there is a picture of taking a drink and eating some food. | Remember to [pre-order your free meals!](https://www.rentonschools.us/students-families) (click on: *Student Support Resources > Breakfast and Lunch Program (Pre-Order*) |
| **Stretch Break**This picture depicts the "stretch time" cue for someone.  For example, there is a picture of stretching with both arms extended parallel to the ground and someone in a yoga pose. | *Choose* ***3*** *activities:*10 jumping jacks; gallop in a circle; march in place 20 times while you tell a partner a joke; do a 30 second wall!YOU CAN DO IT! | *Choose* ***3*** *activities:*dance to your favorite song; pretend to be your favorite animal; skip in a circle; jump in place 10 times!YOU CAN DO IT! | *Choose* ***3*** *activities:*10 jumping jacks; toss a ball to a partner 10 times; use your outside voice to sing the alphabet or your math facts! YOU CAN DO IT! | *Choose* ***3*** *activities:*skip in a circle for 3 minutes; do 5 push-ups; do 30 seconds of windmills; jump in place 15 times while you spell your name! YOU CAN DO IT! | *Choose* ***3*** *activities:*do 10 jumping jacks; walk backwards in a circle for 4 minutes; march in place 30 times to favorite song!YOU CAN DO IT! |
| **Choice Time**This picture depicts the "choice time" cue for someone.  For example, there are pictures of a computer, legos, big jungle gym toys, toys, etc. | Complete a project using inspiration from [YouTube Kids!](https://www.youtube.com/kids/) |  | Complete a project using inspiration from [YouTube Kids!](https://www.youtube.com/kids/) |  | Complete a project using inspiration from [YouTube Kids!](https://www.youtube.com/kids/) |
| **Music and Art**This picture depicts the "music and art" cue for someone.  For example, there are pictures of singing, dancing, drums, maracas, acting on stage, and choosing not to participate. |  | Work on a creative project using ideas from *The Arts* on[PBS LearningMedia!](https://www.pbslearningmedia.org/subjects/the-arts/) |  | Work on a creative project using ideas from *The Arts* on[PBS LearningMedia!](https://www.pbslearningmedia.org/subjects/the-arts/) |  |
| **Reflection Routine**This picture depicts the "reflection routine" cue for someone.  For example, there is a picture of someone with a thought bubble above their head and the word, "think." | **Reflect at the end of your day or week by writing about it with words and/or pictures!***Choose 2 questions to answer:***1)** *What is one new thing you learned?***2)** *What is something new you tried?***3)** *How are you feeling?**4***)** *What was the best part of your day or week?***5)** *What is your goal for tomorrow or next week?* |

**Other considerations**

* Not everything needs to be online! Playing games such as UNO, Scrabble Jr., Monopoly, etc., counts toward additional literacy, math, movement, and social skills practice.
* Become a [Junior Ranger!](https://www.nps.gov/kids/junior-rangers.htm)

**Tips for online lessons**

1. Allow for ***15- to 20-minute sessions*** throughout the week.
2. Encourage ***completion of every lesson*** that is started. **Mistakes are OK**. Your child should not shy away from incorrect answers, as they help find the right lesson to build learning progress.
3. We know it’s difficult, but ***please resist the urge to help*** with answers so that your child doesn’t move ahead before he or she is truly ready.