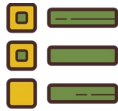




### Daily Routine



Setting up a routine is key.

This will look different for each family and should be flexible. When children know what to expect, a predictable routine helps reduce anxiety.

Try to create a routine that is organized into 10-30 minute blocks of time.

Your child's classroom teacher will be connecting with you around ideas for learning at home in the coming days. As a parent, you know your child best. Please do what works for you and your family.



### Timing

Based on your child's age, their attention span can be very different. Most elementary students can focus for about 10-30 minutes. During the school year we start with shorter periods of learning and work our way to build our learning stamina.

Try to give a variety of activities for your child to choose from, as well as a body/movement break. If a child is engaged in what they are doing, let them keep doing it.



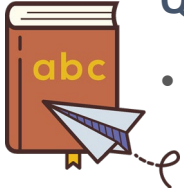
### Morning/Afternoon

Mornings are a good time to do work. Leave the afternoons for playing outside, baking, going for walks, bike rides, gardening, playing an instrument - just playing.

Having time to be free and creative is important for all of us.

If you are able to, try to spend some time outdoors. This helps with our emotional and physical well-being.





### Quiet Time

- During the school day we usually try to give students some 'down time'. 10-30 minutes for a quiet and independent activity.
- It is important for the brain and body to have a rest in a quiet setting, away from others, in order to recharge. Quiet Time/Alone Time can be a great routine to try out together.
- Talk about quiet time together. Discuss why it is important for people to have time to themselves and how even adults need breaks from each other.



Give your child choices for activities. For example, puzzles, reading, drawing, Lego, card games, board games.

Set a timer in a central location and start. To add a little fun, make it a challenge to see if you can build your 'Quiet Time Stamina'. You may need to start with 5 minutes and build your way up to longer periods of quiet time depending on the age of your child. Do this throughout the day as your family needs.

### Sample Routine

This sample routine is only a suggestion. It is also flexible.

Throughout the day: 10-30 minutes for the different type of learning activities

Reading	Writing	Body Break	Snack Time	Math	Student Choice
Read independently	Daily Journal	Play outside		<u>CardGame Math</u> or play card, dice or board games	Do an "I wonder" project
Read to others	Letter writing	Go for a walk		Make a map of your living space	Learn or continue learning a new language or skill
	Story writing	Indoor physical activities (e.g. jumping jacks, skipping)		Create patterns using objects at home	Create songs, videos, or comic books
	Memory Journal			Measure things	Bake or cook with an adult
					Do something for someone in your home

