



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.



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

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 day, try to give students some 'down time'. 10-30 minutes for a quiet and independent activity.



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.

