

## Sample Distance Learning Schedule

Time	Activity
Before 9:00	Wake up Morning Routines: Get dressed, Cook breakfast, Take care of morning chores
9:00-9:45	Activity Based-Learning (Read-Aloud Activities, Projects/Crafts, Specials Lessons like art or music, Outdoor Walks and Exercise)
<b>*9:45-10:30</b> (Station 1)	Number Corner Calendar Activity Content Area Lessons: Math, Reading, Writing, Language, Phonics, and/or Science/Social Studies
10:30-11:15	Brain Break/Outdoor Recess (GoNoodle, Walk Dog, Craft, Specials Lesson, Etc.)
<b>11:15-12:00</b> (Station 2)	Content Area Lessons: Math, Reading, Writing, Language, Phonics, and/or Science/Social Studies
12:00	Lunch and Break with Outdoor Recess
<b>1:30-2:15</b> (Station 3)	Online Learning with Raz-Kids and/or Moby Max
	Free Time
5:30	Dinner Nightly Chores
Before **Bedtime	Independent Reading and/or Nightly Read-Aloud

\*You could set up these times as learning stations so that you could rotation multiple kids through. For example, Child 1 could move through the stations as listed. Child 2 could start with Station 2, move to Online Learning at Station 3 for the 11:15 time slot and do Station 1 during the 1:30 time slot. Child 3 could start with Online Learning, move to Station 1 during the 11:15 time slot and end with Station 2. This would also allow multiple children to use the same device.

\*\*Students will still need a full nights' rest to perform well each day. K-2 students need at around 10 hours of sleep each night. Some may even need 11 hours.