**Flexible** Schedule for Learning at Home

|  |  |  |
| --- | --- | --- |
| Time | Activity | Description |
| 9:00-9:15 | Check in | * Discuss plans for the day and take a look at the blog or Freshgrade to find out what today’s activity is * Check in with how you are feeling and what you might need before you get started(Could be a body break, hug, mindful moment or yoga). If you are ready then you can get started right away! |
| 9:15-10:00 | Complete 1 activity for the day. |  |
| 10:00-10:30 | Snack/Exercise | * Wash your hands and grab a snack * Choose a physical activity, could be something inside or outside (please ask your family before going out) |
| 10:30-10:45/11 | Calendar Math | * This is a great way to practice math and learning days of the week. \*See below for further instructions * Say the date * Sing days of the week song and talk about what day it was yesterday, is today and will be tomorrow. * Option to sing months of the year * Discuss weather outside * Talk about the number of days we have been learning from home. |
| 11:00-12:00 | Activity 2 for the day |  |
| 12:00 -1:00 | Lunch/Exercise |  |
| 1:00-1:30 | Quiet time | * Time to relax, it is important to take time to be with your own thoughts and ideas * Choose a quiet activity that you can do independently i.e. reading or drawing quietly * You can also choose to do some yoga. * You can put on some quiet music and dim the lights |
| 1:30-2:30 | FREE PLAY! | * Play outside or inside * Ride your bike, do some baking, build a fort, paint, build with LEGO or blocks, chat with a friend, collect some loose parts and build a story |
| 2:30-3:00 | Reflect | * Write a few sentences in a journal about what you did today and how you were feeling * Share your journal with a family member or friend if you like |
| 3:00- | If you are looking for more activities to keep going, you can check the activities page on the blog! |  |

Calendar

* Division 10 has been doing calendar since September and they have become very good at it. It might be nice to include it in your day as it is familiar to them. You can do it alongside them or you can ask them to lead it.
* Feel free to ask me any questions you have about it!

Calendar Steps

* Print out or draw a blank calendar, make sure it has the days of the week written out somewhere. Each day write the number of the day it is. I.e. April 7 write the number 7 under Tuesday.
* Sing days of the week song. You can ask your child to show you the one we sing or you can try a new one with them.
  + <https://www.youtube.com/watch?v=3tx0rvuXIRg>
  + <https://www.youtube.com/watch?v=5enDRrWyXaw>
* Next ask what day was it yesterday? What day is it today? What day will it be tomorrow?
* Talk about the weather outside.
  + Print out or create a graph to record the weather.
* Count how many days you have been learning at home. You can use popsicle sticks, straws, or sticks to count how many days you have been learning at home. Add one new one each day and when you get to ten make a bundle. You can use an elastic to bundle them together. You can use cups to store the tens and the ones.
* \*\*optional\*\* Draw lines to create a blank hundreds chart and add a number each day to go with the straws. Once you get to 4 days you can begin skip counting!