

Elementary Sample Schedule (2-6 grades)

Time	Activity
8 am	Breakfast/Morning Get Ready Routines
9:00 am	Write Out the Day's Schedule
9:30 am	Math Practice
10:00 am	Brain Break
10:30 am	Virtual museum visit or science activity
11:00 am	Geography, Social Studies, or Current Events
12:00 pm	Lunch
12:45 pm	Quiet Reading
1:30 pm	Literacy Practice
2:00 pm	Art or Music Practice followed by a snack
3:00 pm	Physical Activity
4:00 pm	Free Time until Dinner

This sample schedule is meant to be used as a guide for daily learning. Students and families may utilize as is or make changes as necessary to best accommodate unique needs.

Off-Screen Engagement Brain Breaks

Encourage students to do one or more of the “off screen” engagement brain-break activities for up to 10 minutes per grade level, per day (e.g. 4th grade=40 minutes).

This is not a complete list but a great starting off point, especially for families looking for activities for children to engage in between remote learning activities.

Elementary	
Play outside	Make Slime
Draw a hopscotch with chalk outside	Sketch plans for the perfect bedroom/house
Build with Legos/MagnaTiles, etc.	Put on a puppet show; make sock/stick puppets
Choose 5 toys to donate	Lay in the grass and cloud watch
Play tic tac toe	Search for birds & butterflies, create a graph of results
Create your own comic book	Search for rocks
Build a fort	Rock painting
Draw a portrait of a family member/story character	Create kindness rocks and hide them in your neighborhood for other kids to find on their walks
Write a story with a grown up	Create masking tape paintings
Take a hike	Illustrate a favorite TV program
Play a board game	
Make a collage with what you collected on the hike	

Daily Student Reflection

Please write the following in your journal:

At home today, I _____

which helped me learn / create / feel...

While completing the activity, it made me think... (about a time in class/a lesson recently learned/an outside learning experience)

While I was away from the screen, I was able to... (relax/learn a new skill/connect with a family member)
