

PreK, Kinder, 1st Grades Sample Schedule

Time	Activity
8 am	Breakfast/Morning Get Ready Routines
9:00 am	Calendar, Day of the Week, Weather
9:30 am	Outside Play Time
10:00 am	Story Time
10:30 am	Free to Choose Activities <ul style="list-style-type: none"> ● Literacy: rhyming activity, work on sight words, letter sounds, match upper and lowercase letters, clap out the syllables in family names, go on a letter hunt ● Math: work on counting, one to one correspondence, estimating measuring, or number recognition ● Writing:
11:30 am	Brain Break Activity
12:00 pm	Lunch
12:45 pm	Quiet Time <ul style="list-style-type: none"> ● Nap/Rest ● Audiostories
2:00 pm	Afternoon Play <ul style="list-style-type: none"> ● Fine Motor activities ● Building Blocks or Manipulatives ● Games or puzzles
2:30 pm	Art or Music or Science 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.

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Play outside	Food color shaving-cream and “paint” the shower or bath-tub
Take a bike/scooter ride	Fingerpaint
Clapping songs with a family member	Do a puppet show
Search for bugs outside	Make leaf rubbings
Call a relative for a phone chat/FaceTime	Blow bubbles
Use “loose parts” with Playdoh	Take a nature walk
Practice writing	Build with Duplos
Fill a bucket with water and “paint” the outside of your house with a paintbrush	Give your pets/dolls/toys a bath
Have a toy car wash	Cut up catalogs and magazines
Play “I Spy” (with colors, letters, letter endings...)	Create a tower with plastic cups/blocks/etc
Pack a picnic lunch	Write your letters from A to Z
	Have a tea party

Daily Student Reflection

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)
