

Tips for Creating a Daily Schedule - Primary Grades

1. Write down a visible schedule for Monday-Friday, that includes caring for oneself (getting dressed, eating), academic work, breaks and scheduled play time.
 - a. Children are used to having a routine at school, and teachers have the daily schedule visible at the front of the classroom. This helps scholars feel more confident about their day, since they don't have to wonder what will happen next.
2. Start with their school schedule
 - a. You can try to mimic their school schedule if possible. When do they usually have lunch at school? How many breaks/recess times do they get? They are used to their school routine, and mimicking it at home might be helpful for them.
 - b. Break the day into chunks of academic/learning time separated by breaks, like they experience at school.
3. What time of day does your child do their best work?
 - a. If your child is a morning person, schedule most of their learning time for earlier in the day. The same idea applies if your child works better in the afternoons.
4. Scheduled play time
 - a. Schedule in time for child-led play (where an adult is not leading the activity) as well as activities that you designate for them (here is a list of 100+ indoor activities [Fun Indoor Activities for Kids](#)).
5. Recess Time (Outdoors time)
 - a. If it is possible, schedule some time for your child to be outdoors. They are used to having scheduled times outdoors for recess throughout the school day.
 - b. Ideas: a walk with the family around the block, 30 minutes in the backyard, etc. (parks if you feel comfortable with that, though it may not be possible considering social distancing)
6. Screen time/technology routine
 - a. Have screen time (if you choose to use it) built into the daily schedule instead of allowing free access throughout the day. The schedule should say whether the technology time is for learning or play.
 - b. When screen time is over, turn off the devices so that your child will engage in their other learning and playing activities
 - c. Consider saving screen time for when you (the parent) really need a break or a few minutes alone to finish dinner, take a phone call, etc.
7. If the routine isn't followed perfectly everyday THAT'S OKAY
 - a. Setting and keeping routines can be challenging. Be patient with yourself and your child as you adjust to the new routines together. 😊

Resources:

<https://time.com/5803373/coronavirus-kids-at-home-activities/>

<https://www.thebestideasforkids.com/indoor-activities-for-kids/>