

HOW TO SET UP LEARNING AT HOME

At a minimum, require your child to engage in reading, writing, and math every day! If you want to do more, go for it! Depending on the age of your child, have your child do some or all of this set up with you to ensure your child is part of the process! *One of the authentic benefits of this reality is the opportunity to support your child with developing executive functioning skills and managing his/her own time!*

1. Create a space for your child with all learning materials set up - kind of like a classroom! Keep all the materials and tools organized so they are easy to access and aren't a distraction or hinderance from learning activities. What you put in this space will depend on what you have access to and what you determine your child will work on and complete. Some ideas include: Computer access, paper, pencils/pens, pencil sharpener, art supplies, reading books, math workbook, and any other materials provided by your child's teacher.
2. Determine the hours each day your child will participate in academics. If possible, make those times consistent each and every day. (Example: 8:00-12:00pm)
3. Create a general schedule for your child for within the hours of academic time. The schedule should include a minimum of reading, writing, and math. Please include "recess" breaks! Kids need to move around and take brain breaks.
4. At the start of each day, go over the daily schedule with your child to ensure your child knows what to expect for that day, and what the expectations are for that day. The daily schedule should be built upon the general schedule, but with the specifics for that day.

As you identify the specifics for your child's daily schedule, utilize the directions/guidance from the SMUSD Online Learning Resources https://www.smusd.org/student_learning_activities

5. Require your child to clean up after himself/herself in between activities and at the end of the academic time every day.
6. Do not allow your child to talk you into - *how about I get all the work done on the first day for the entire week and then have play time every other day!* This isn't the point, and it isn't good for your child. Keep the structure daily with expectations and accountability.
7. Be sure to save some time for quality family activities together. These few weeks will remain in their memory banks for a lifetime. Let's make them positive lifelong memories!

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs B - wipe all door handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

by Jessica McHale Photography

Credit given to Principal Kay, La Costa Heights Elementary