

Creating Your Schedule

Time Frames:

- Different time frames can be set in the far left column based on your child's needs.
- If you prefer, subject areas can be assigned a number based on the order of completion rather than a set time to be started/completed (i.e., 1st, 2nd, etc.).

Tasks:

- Detail what tasks are to be completed in the "To Do" column
- Enter one or more tasks in the column. Keep in mind the estimated length of the task in determining how many tasks to assign for a work period.
- If possible, select tasks that vary in modality (i.e., one writing task, one video or computer related task, one hands-on activity).

Brain Breaks:

- Brain Breaks are included in the schedule to help your child maintain focus and avoid burnout.
- Breaks should be short.
 - When scheduled between subjects, 5-10 minutes in length.
 - If a break is needed within a task, 2-4 minutes should be sufficient.
- Options for break times should include taking a walk (even just around the house), getting a drink, engaging with a sensory item, or taking a movement break.
 - Movement breaks are a great option to release energy and regain focus. Stretching, yoga, or following movement break videos like those on *GoNoodle* (gonoodle.com) or *Cosmic Kids Yoga* on *YouTube* are used frequently used in elementary classrooms.
 - Avoid breaks on electronics or watching television.

Collaborate:

- Involve your child in the creation of the schedule. They can decide the order of subjects or tasks and choose Brain Break activities.

Get Creative:

- Supplement your child's assigned tasks with other research projects and activities.

End of the school day:

- At the end of the schedule, take a few minutes to look over the day's work, submit anything that needs to be turned in, and make a list of tasks that were not completed that may need to be addressed the following day.

Sample Schedule:

	Subject	What to Do	All Done
9:30	Start My Day	Make/Review Schedule	✓
		Get Materials	✓
9:40	ELA	Spelling words packet (2 pages)	✓
		Reading - 20 minutes	✓
10:10	Brain Break	Drink of water	✓
		2 songs on go noodle	✓
10:20	Math	Prodigy (computer lesson)	✓
		Multiplication work sheets (2)	✓
10:50	Brain Break	Walk dog	
11:00	Social Studies	Scholastic News article	
		Watch video on same topic	
		Coloring packet (2 pages)	
11:30	Meal Break		