

TIPS for how to set up a Homeschool SCHEDULE

- **Start with a daily schedule**

WHY?

- Consistency and structure helps students focus
- Schedule allows parents/others to share duties
- Kids know what to expect
- Can help parents know how to plan school work with other things

- **Tailor schedule to meet child's individual needs**

- Build in breaks, choice, and a range of activities
- Schedule may be different for each child—based on personality—child may fare better with more independent work or several work centers/stations
- Be ready to adapt and experiment on what schedule works best

- **Use school-provided lessons as a basis for setting up schedule**

- Since school-based lessons won't occupy students all day-- Supplement school-based lessons with other activities that will balance out the curriculum (e.g. online activities)
- Allow older students some investment in helping to plan their own schedule or allow them to help teach younger students—delegating responsibility can give them sense of purpose
- Listen to children's needs so as to be flexible with schedule
- If working with multiple children, try staggering lesson start times, setting up multiple work areas, and match the noise level of different projects so everyone is loud at the same time

- **Teaching Tips**

- Wait and establish eye contact before giving verbal instructions
- Move to the child's eye level to help with communication
- When finished with instructions, ask children to restate the main points of instructions
- Limit verbal instructions to 2 steps for preschoolers and 3 steps for older kids
- Plan in small breaks for the teacher as well to recharge

Focus and attention tips

- Structure lessons around kid's attention spans
- Preschool to kindergarten students should be able to work on a task for 10-15 minutes before a break; elementary school kids should be able to work for about 25 minutes
- Use a timer to arrange breaks---use break as a transition to next activity
- Use physical breaks to help kids refocus—for example take a short walk, climb the stairs, get a drink of water, do jumping jacks, or play a game to help them kids refocus
- For preschoolers---try advance notice and talking through to the next transition or using a “clean-up song” to help move to the next activity
- Avoid online videos or graphic novels until the end of the day---these are good tools for rewards---but can be distracting at midday.

Take a tip from Teachers

- A typical school day is set up to show opportunities to
 - 1) Show independence
 - 2) Help friends and others
 - 3) Overcome challenges
- By setting up a structure for homeschool learning—a parent can still give kids the chance to learn how to develop independent activities, practice empathy, and use their skills—then stand back and let their kids shine.

EXAMPLE of PRESCHOOL/KINDERGARTEN SCHEDULE

Preschool/Kindergarten

8:00 **Eat breakfast**, get dressed, put away pajamas, brush teeth
Set up daily plan and materials, organize snacks

9:00 **Outside Time:** Play tag, kick a ball around

10:00 **Calendar:** Talk about the day of the week, date, and weather
Reading: Read-aloud, letter practice, independent reading
Snack Break

11:00 **Building:** Blocks, Magnatiles, Duplo
Fine motor skills: Cutting with scissors, finding buttons in play dough, putting stickers on paper

12:00 **Lunch** and help with clean-up

12:30 **Quiet time:** puzzles, nap, audiobook

1:30 **Outside:** Play catch, work in the yard, take a walk
Science: Observe animals, sprout seeds, move pipe cleaners with magnets

2:30 **Shapes and Colors:** Sort shapes, match colors, draw geometric patterns
Numbers: Count objects, name numbers, a board game with dice

3:30 **Art:** Sculpt clay, make a collage, build a house from delivery boxes
Music: Hold a dance party, play instruments, sing along
Snack Break

4:30 **Calm Down:** Do yoga; listen to a mindfulness recording, audiobook or podcast; watch a video
Project or Craft: Mold play dough, string beads, paint

5:30 **Dinner**

EXAMPLE OF ELEMENTARY SCHOOL SCHEDULE

Elementary School Kids

8:00 **Eat breakfast**, get dressed, put away pajamas, brush teeth

8:30 **Write out the day's schedule**, set up materials, make snacks for the morning

9:00 **Get outside!** Head out for a walk, run a few races

9:30 **Student reads aloud** or independently

10:00 **Math practice** or logic puzzles

10:30 Story or **nonfiction writing**, with a snack

11:00 Choose and **memorize a poem**

11:30 **Geography**, social studies, or current events

12:00 **Lunch** and clean-up, make afternoon snacks

12:30 **Quiet reading** or outside play

1:30 **Virtual museum visit** or science activity

2:00 **Art or science project** or music practice, followed by a snack

3:00 **Physical activity**

4:00 **Online meet-up** with friends

4:30 **Clean up** school area

5:00 **Downtime** with electronics, music or a book

5:30 **Dinner** and family time