

Schedules!

We all know just how important a daily schedule is. They give us a sense of being at ease and a set of expectations to look forward to throughout the day. For young children, developing and following routines and schedules can influence their emotional, cognitive and social development, help them feel safe and secure, can help reduce behavioral problems as well as encourage higher engagement during learning time. Another added benefit of following a schedule is to help children and parents establish some normalcy during this time where stress levels are high and there is so much uncertainty.

Below are some daily schedules for our families with young learners. No schedule is perfect unless it is a good fit for the family. I encourage parents to not only follow a schedule but modify the times to work for the family unit. Young children often wake up very early (I know from personal experience), so being up and ready to start the day by 9AM could be an easy fit. However, there are some children who wake up later, therefore a 9AM start time would be unrealistic and maybe more stressful. One of the most important factors with setting your child on a schedule during this time, is to be CONSISTENT! Consistency is key, as children will begin to understand what is expected and feel excited for what is to come.

Parent note:

First an applause (because you are amazing). Second, here are some factors to think about when implementing and starting a distance learning schedule for your family:

1. Pick a place in the house where your child will be doing their work (kitchen table, living room floor or office) that is free from distractions such as electronics and easily accessible toys.
2. Display a calendar (or make one!) and mark an X at the end of each day. This will not only help your child learn the days of the week, but is a visual representation of a “school week” and a “weekend” (it helps you, the parents, stay sane as well!).
3. Create a schedule for your child’s academic or “Activity” time to incorporate age appropriate developmental skills.
4. Break up each activity with a snack, outside time, lunch and a time to rest. The change of pace will prevent them from getting bored.
5. Be calm and relax. Our young learners pick up on so much and try their hardest to make sense of big emotions. When parents appear calm, cool and collected it will set the tone for each activity throughout the day.

Parents all across the nation are being asked to take on working from home and deliver an adequate education to their children. Please know you are not alone in this, not every day will be perfect, be patient with your children and yourself and take it one day at a time, we’re here in this with you.

-your SVUSD team

Sample 1

COVID-19 Daily Schedule

@thedenverhousewife

for kids

Before 9am	Wake Up	Wake up, eat breakst, make bed, get ready for the day
9-10am	Free Time	Watch TV, Ipad, Play Games, ect
10-11am	Outside Time	Take a walk, play in the yard or walk dog
11-12am	Creative Time	Art projects, Slime, Coloring, ect
12-12:30pm	Lunch	
12:30-1pm	Chores	Do appropriate chores
1-2pm	Quiet Time	Read, Puzzle, Nap, or color
2-4pm	Academic time	Educational Games, Math, Online education, Science Project, Writing
4-5pm	Outside or Play Time	Go outside to ride bikes or play in the house
5-6pm	Dinner	
6-9pm	Free time until bed	Free choice time. fam Movie Take showers/ready for bed

Sample 2

Daily Schedule - School

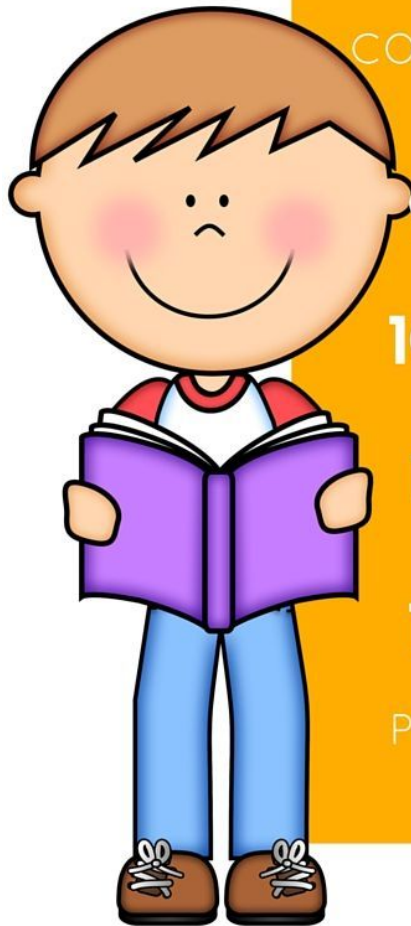
A young child's day goes much smoother when it is **predictable**! The pieces in the calendar set can be used to make a daily schedule for school or home. Use a clothes pin with a star sticker to indicate the current activity. The children can move the pin as the day progresses to track time.

This is also a wonderful supplement to children with special needs who need **visual cues** throughout their day as well as children who benefit from understanding the activities and routines of the week. You can make each week as simple or detailed as you like in order to provide the child with an understanding of the week, while not over stimulating the child at the same time.



Sample 3

PRESCHOOL DAILY SCHEDULE



DRESSED & BREAKFAST
6:30-7:30

PLAY & READING TIME
7:30-8:00

COLORING & CRAFTS
8:30-9:00

SNACK
9:30-10:00

PLAY
10:00-11:00

LUNCH
11:30-12:00

STORY & REST
12:00-1:00

PUZZLES & SNACK
2:00-3:00

THE EDUCATORS'
SPIN ON IT

Sample 4

Daily Schedule			
	Ages 2-3	Ages 3-4	Ages 5-6
7:00 AM	Arrival	Arrival	Arrival
7:30 AM	Learn through Play	Learn through Play	Learn through Play
8:00 AM			
8:30 AM	Snack Time!	Outside Play	Group Time
9:00 AM	Circle Time	Circle Time	Circle Time
9:30 AM	Outside Play	Snack Time!	Snack Time!
10:00 AM	Class	Class	Class
10:30 AM			
11:00 AM	Lunch	Outside Play	Outside Play
11:30 AM			
12:00 PM		Lunch	Lunch
12:30 PM	Nap	Nap	Nap
1:00 PM			
2:00 PM			
2:30 PM	Snacks	Snacks	Snacks
3:00 PM	Outside Play	Snacks	Snacks
3:30 PM	Circle Time	Circle Time	Circle Time
4:00 PM	Class	Class	Class
4:30 PM			
5:00 PM	Outside Play	Learn through Play	Learn through Play
5:30 PM	Learn through Play	Outside Play	Outside Play
6:00 PM	Going Home	Going Home	Going Home