

30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up

At-Home Daily Schedule

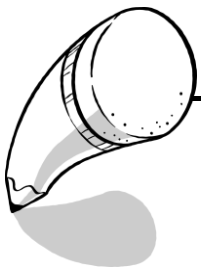
Grades Kindergarten – 3rd Grade

Time	Activity
8:45-9:45	Morning Wake Up Routine (wake up, dress, wash face, breakfast, etc.)
9:45-10:00	Silent Reading & Picture Book Time
10:00-10:15	Brain Break & Snack
10:15-10:45	Work on School Assignments
10:45-11:00	Brain Break
11:00-11:30	Work on School Assignments
11:30-12:00	Creative Play – LEGOS, blocks, PlayDoh, WikiSticks, Coloring/Paint Sticks
12:00-12:45	Lunch
12:45-1:15	Brain Break
1:15-1:30	Handwriting Practice
1:30-1:45	Outside Exercise/Walk Around the Block with the family
1:45-2:00	Finish up any School Assignments/Read a book
2:45-3:15	Chores – Help pick up house, play room, bedroom, etc.
3:15-4:15	T.A.P. time (Time Alone to Play) – Free time to play with whatever you want by <u>yourself</u>
5:15-5:45	Practice Time! (Find your “focus” spot! Shoot hoops, Piano practice, Guitar practice, gymnastic practice, etc.)
5:45-7:45	Family Time – Dinner, Television/Tablet time, etc.
7:45-8:15	Bedtime Routine (shower/bath, brush teeth, etc.)
8:15-8:30	Bedtime book/prayers

At-Home Daily Schedule

Grades 4th Grade and Up






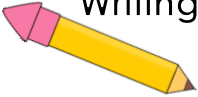
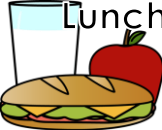


Time	Activity
8:45-9:45	Morning Wake Up Routine (wake up, dress, wash face, breakfast, etc.)
9:45-10:00	Silent Reading
10:00-10:15	Brain Break & Snack
10:15-12:00	Work on School Assignments
12:00-12:45	Lunch
12:45-1:15	Brain Break
1:15-1:30	Math Drills (Flashcards, writing math facts, etc.)
1:30-1:45	Outside Exercise/Walk Around the Block with the family
1:45-2:45	Finish up any School Assignments
2:45-3:15	Chores – Help pick up house, play room, bedroom, etc.
3:15-4:15	T.A.P. time (Time Alone to Play) – Free time to play with whatever you want by <u>yourself</u>
5:15-5:45	Practice Time! (Find your “focus” spot! Shoot hoops, Piano practice, Guitar practice, gymnastic practice, etc.)
5:45-7:45	Family Time – Dinner, Television/Tablet time, etc.
7:45-8:15	Bedtime Routine (shower/bath, brush teeth, etc.)
8:15-8:30	Bedtime book/prayers



's Goal Chart

	Mon	Tues	Wed	Thurs	Fri
Daily Goal:					
Morning Routine					
Silent Reading					
Reading Lesson(s)					
Math Lesson(s)					
Social Studies Lesson(s)					
Science Lesson(s)					
Chores					
Exercise					
Goal Met?					
Reward Earned					

_____ 's Goal Chart

	Mon	Tues	Wed	Thurs	Fri
Breakfast 					
Brush Teeth 					
Get Dressed 					
Reading 					
Math 					
Writing 					
Lunch 					
Chores 					
Exercise 					
Reward Earned					

_____ 's Goal Chart

	Mon	Tues	Wed	Thurs	Fri
Reward Earned					