Kids crave structure and routine.

You might consider having your child plan out their days at home with you. Consider including the following:

* Learning
* Physical Activity
* Lunch/snack
* Creative Arts
* Mindfulness
* Goal-Time
* Family Time
* Social Time
* Choice
* Chores/community Service/Kindness

**Learning -** Students will be encouraged to complete approximately 3-4 hours of academic schooling per day – provided by their classroom teachers.

**Physical Activity** – On nicer days, schedule a block of time to play outside. On rainy days, consider ways kids can get physical activity indoors – dance party, yoga, gonoodle websites, etc. Visit your PE teachers site for more ideas!

**Lunch/snack** – It’s important during stressful times for kids to eat a balanced diet and drink plenty of water.

**Creative Arts time** – Encourage kids to color/draw, cut shapes, build with legos, make forts, or if you’re brave, make slime. There’s a link on my page for mindfulness coloring pages and also for making a gratitude jar. Music is also important. Listen to calming music, introduce kids to music from your time, let them share dances they created to music. Instruments are also a great way to tap into musical creativity!

**Mindfulness** – Set aside time each day to practice some mindfulness. Although research on mindfulness with children is still in relatively early stages, an increasing number of studies have shown the potential benefits of mindfulness practices for students’ physical health, psychological well-being, social skills, academic performance, and more! There are links on my page to mindfulness activities and apps that you can try out at home!

**Goal time** – Ask your child to think of a goal he/she can work on during this time at home. Working towards a goal is empowering and can produce feelings of accomplishment and promote grit. Goals can be school related – like working on math facts OR something your child had wanted to learn like riding a bike or working on their piano skills.

**Family time** – Even if you are home with you child, you will probably be swamped with your own things to do – maybe you’re working from home OR will just have to keep up with the abundance of dishes and laundry that are piling up. Setting aside some family time each day – for however long – can go a long way toward your child’s (and your) emotional health. You could read together, watch a funny show, play a board-game, go for a walk, or whatever you and your child(ren) think up!

**Socialization** – One of the most challenging parts to being out of school is missing out on that face-to-face social interaction. Even if you live in a neighborhood filled with kids, there may be mixed feelings about having play dates during this situation. It’s important to try to provide ways for kids to feel social. This can include social media or texting, or gaming devices but please be vigilant about the site your child is accessing and the content of the text messages or gaming situations. There are links on my site about on-line safety.

\*If there are not ways to be with others, encourage kids to write letters or make crafts that they can give to friends when they see them again.

**Choice** - Of course your child is going to want some time to do their own thing. Hopefully those ideas will include some of the above, but they may want to use gaming systems or tech too. Psychologist encourage having limits so kids are not on their devices all day.

**Kindness/Chores** – Performing positive acts of kindness can help kids to be less anxious and feel like they are making a positive difference in the world. Encourage your child to do kind acts for others or think about ways they can safely give back to their community during this challenging time. There is a link on my distance learning site that shares Acts of Kindness.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Activity | Time | Mon | Tues | Wed | Thurs | Fri |
| Image result for breakfast clipart  Breakfast | 8:00 – 8:30 | Pancakes/eggs |  |  |  |  |
| Math | 8:30 – 9:00 | Watch see-saw video – do practice pages |  |  |  |  |
| Creative Arts | 9:00-  10:00 | make a cardboard box fort |  |  |  |  |
| Snack | 10:00 – 10:15 | Apple & goldfish |  |  |  |  |
| Writing | 10:15 –  10:40 | Write in daily journal |  |  |  |  |
| Social Time | 10:40 –  11:40 | Write an email to my friend |  |  |  |  |
| Chores/Kindness | 11:40 – 12:10 | Clean up my playroom, write a note to my teacher |  |  |  |  |
| Lunch | 12:10 –  12:40 | Turkey sandwich |  |  |  |  |
| Physical Activity | 12:40 –  1:40 | Play soccer outsdie |  |  |  |  |
| Mindfulness | 1:40 –  2:00 | Practice breathing with app |  |  |  |  |
| th[1]  Reading | 2:00 –  2:45 | Read my book and stop and jot some thoughts |  |  |  |  |
| C:\Users\ksleicher\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BE0045D.tmp  Goal Time | 2:45 –  3:15 | Work on my multiplication facts |  |  |  |  |
| Image result for science social studies lab clipart  Sci/SS | 3:15 –  3:35 | Use TCI online to read chapter |  |  |  |  |
| Snack &  Choice/Free time | 3:35 –  4:45 | Yogurt & chips |  |  |  |  |
| Family Time | 4:45 – 5:30 | Play a boardgame |  |  |  |  |
| Image result for dinner clipart  Dinner | 5:30 –  6:00 | Whatever I’m served |  |  |  |  |

Sample Daily Chart

Sample Chart – Daily Version - Monday

|  |  |  |  |
| --- | --- | --- | --- |
| Activity | Check when completed | Child 1 | Child 2 |
| Image result for breakfast clipart  Breakfast |  |  |  |
| Math |  |  |  |
| Creative Arts |  |  |  |
| Snack |  |  |  |
| Writing |  |  |  |
| Social Time |  |  |  |
| Chores/Kindness |  |  |  |
| Lunch |  |  |  |
| Physical Activity |  |  |  |
| Mindfulness |  |  |  |
| th[1]  Reading |  |  |  |
| C:\Users\ksleicher\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BE0045D.tmp  Goal Time |  |  |  |
| Image result for science social studies lab clipart  Sci/SS |  |  |  |
| Snack &  Choice/Free time |  |  |  |
| Family Time |  |  |  |
| Image result for dinner clipart  Dinner |  |  |  |

Rewards to Motivate Kids

You could even have some daily goals and rewards attached to accomplishing these tasks.

Kids sometimes need motivation to keep going…and positive praise and rewards can go a long way!

Rewards do not have to be expensive or even tangible. They can be anything that encourages your child and praises him/her for their efforts:

Examples:

Stickers on charts

Extra family time with you

Choice of family time activity

Extra free time

A coupon for a special outing once this virus situation is contained

A Power Paw – here is a link to a forms document you can complete – we’ll be creating powerpaws out of these documents once we are back in school!

Power Paw Link:

<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=j0gLqp78hUGl4zhCIN8jyte4TBRiGWVDqWzkRDtRKrRUOVBIWko1RzZJWkI2VE1GUFRMMUZMNEg0Mi4u>