

# Learning Schedule for kids at home

We asked an elementary school principal to design an aspirational at-home learning guide. Adjust or combine times and activities to make **a schedule that works for you!**

## MORNING



8:00-8:50

Wake Up & Breakfast

Bonus points (maybe for a few days in): Have your kids help prepare the meal and clean up.

8:50-9:00

Daily Check-In

Review the schedule and set expectations. We can lose track of days without work or school, so talk about the day of the week and the weather.

9:00-9:15

Mindfulness Activity

Lead a family stretch, meditation, or breathing exercise.

9:15-9:30

Creative Journaling



Have your kids write or doodle about their feelings, brainstorm creative ideas for activities, or list a few things they're grateful for.

9:30-10:15

Brain Building



See our list of resources for ideas if you need them: [kiwico.com/kids-at-home](https://kiwico.com/kids-at-home)

10:15-10:30

Movement Break

Get the blood flowing with jumping jacks, stretches, or a walk/run around the block!

10:30-11:15

Brain Building

Kids continue working on at-home school assignments or reading, writing, math and science activities.

11:15-11:30

Movement Break



Shake it out again! Put on some music and challenge your kids to a dance off.

11:30-12:00

Screen-Free Creative Play

Grab some craft supplies and pick a KiwiCo DIY that you can do together or one that your kids can do on their own.

12-12:30

Lunch



Make a quick and easy meal together.



Need inspiration? Find thousands of DIY ideas & activities at [kiwico.com/kids-at-home](https://kiwico.com/kids-at-home)

# Learning Schedule for kids at home

## AFTERNOON & EVENING



12:30-1:00

Recess

Try to keep your kids active at home. Set up an obstacle course or a game to play in the backyard or at a nearby park!

1:00-1:30

Family Team Building

Challenge your family to do a chore together like lunch cleanup, laundry, or supply check. Whatever it is, just make sure everyone plays a part!



1:30-2:00

Screen-Free Quiet Time

Take a break from digital learning with a book, puzzle, or rest.

2:00-3:45

Kid's Choice



Create a menu of activities your kids are capable of doing, like baking, sports, crafts, building, or playing music. Then, empower them to decide how they want to learn!

3:45-4:00

End-of-Day Review

Talk about the day's achievements and set intentions for tomorrow.

4:00-5:00

Free Play Outside

Get outside for some fresh air! This would be a good time for a nature walk, but stay safe and clear of crowded places.



5:00-5:30

Screen Time

Give yourself a break to make dinner or wrap up work.

5:30-6:30

Family Dinner & Clean Up

Reflect on the day. This could be a good time to answer any questions your kids may have.

6:30-7:00

Quiet Family Time

Wind down with a board game, book, or craft.

7:00-9:00

Bedtime



Prepare for tomorrow and get a good night's sleep.

# Learning Schedule for kids at home

Use this template to **create your own schedule** with a mix of activities from the learning guide!

MORNING



Blank area for scheduling activities during the morning.

# Learning Schedule *for kids at home*

## AFTERNOON & EVENING

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