

Example Schedule for at Home Learning

Time	Activity	Resources
7:30-8:30	Wake up and get ready for the day!	Stress Free Morning Routines
8:30-9:00	Physical Activity	Walk around the neighborhood Play time in the yard YouTube exercise videos
9:00-9:30	Reading	K12 Reading Open Library CommonLit PBS Learning ReadWorks Tween Tribune Storyline Online Reading IQ (For Reading IQ use code AOFLUNICEF)
9:30-10:00	Writing	K12 Writing PBS Learning Grammaropolis
10:00-10:30	Healthy Snack and Physical Activity	
10:30-11:00	Math	PBS Learning CK-12 Khan Academy Illumination STMath Desmos Greg Tang Math
11:00-11:30	Creative Activity	Scholastic Craft Ideas Highlights Crafts for Kids DIY for Teens
11:30-12:30	Lunch and "Screen-Free" Activity	Screen Free Resources
12:30-1:00	Science	NASA PBS Learning CK-12 Khan Academy Discovery Ed. Science Experiments NSDL Mystery Science

1:00-1:30	Social Studies	PBS Learning National Geographic Kids Civics Studies Weekly Social Studies Worksheets
1:30-2:00	Extracurriculars (Music, Art, Dance, Typing, Computer Science)	Music, art, dance lessons via YouTube Typing Computer Science
2:00-3:00	Educational Free Choice	ABC Mouse Adventure Academy (For ABC Mouse and Adventure Academy use code AOFLUNICEF) Scholastic Learn at Home Brain Pop Kahoot Kid Zone Virtual Field Trips Virtual Museums Online Resources for K-5 Online Resources for 6-12

You may want to continue the schedule to include family time, screen time, [chores](#), dinner, bedtime, etc.