

HOME LEARNING DAILY SCHEDULE

Here are some tips and suggestions from NESCA (Neuropsychology & Education Services for Children and Adolescents) on how to create positive, productive environments in our own homes with our children while schools are closed:

Create Routines

- Children thrive on routine.
- Consider keeping their regular bedtime and morning routines, sitting down for lunch at the same time as they do at school, and writing out a daily schedule so that they know the plan for the day.
- Keeping these small things consistent can help our kids to feel regulated, calm and make a potentially scary situation feel much more predictable.

Schedule Rest Times

- While home is often seen as a place to relax and have fun, scheduling play/downtime may help children to feel like there is more of a routine.
- AN average day at school fluctuates between time spent on learning, time to process and reflect, and time to have some fun.
- With an extended stay at home, it may help to combine all of these activities.
- Scheduled rest times allows for children to predict when they will have a break to move their bodies and decompress.

Use Screen Wisely

- Many parents will no doubt be working from home and have significant to-do lists of their own.
- While watching movies and favourite TV shows is likely an inevitable – and in many ways beneficial – tool to pass the time, consider exploring some more educational screen-based options as part of your child's day. Resources such as: <https://www.bbc.co.uk/newsround>, <https://wowscience.co.uk/> <https://www.natgeokids.com/uk/>, <https://www.brainpop.com/> among others can help to provide more academic content, including Social Studies, Science, Current Events and more.

Move Your Body

- While getting outside for some fresh air is the ideal way for our children to move their bodies, this may not be an option. Thankfully, there are some creative ways to make sure our kids get in time for gross motor movement.
- Consider options such as: <https://www.gonoodle.com/>, <https://www.bbc.co.uk/teach/super movers>, <https://www.cosmickids.com/> for whole body movement and yoga videos.
- If you are looking for options other than video-based activities, consider building a pillow fort, keeping balloons off of the ground, having a dance party or setting up a home-made obstacle course.

Life Skills

- Consider spending this time teaching some skills in the home: have children help with the process of doing a whole load of laundry from start to finish, work through a recipe for dinner together or clean surfaces around the house while explaining how to safely use different cleaning products. All of these experiences help a child to understand their future role as independent adults.
- Provide sorting activities, have a child create their own schedule, set a daily goal, practice telling time or play some problem-solving games such as Heads-up, Charades or Guess Who.

A Sample Schedule:

Before 9:00am	Wake Up	Eat breakfast, make your bed, get dressed, put PJs away
9:00am - 10:00am	Morning Activity/ Fresh Air Time	Go for a walk, do some exercise in the garden, do some Supermovers activities.
10:00am - 11:00am	Academic Time	NO ELECTRONICS Home Learning Packs, Book Bingo, Times Tables, Spellings
11:00am - 12:00pm	Creative Time	Lego, Knex, drawing, play music or a musical instrument, cook, crafting, play doh, sewing.
12:00pm – 1:00pm	Lunch Time / Chores	Prepare and eat lunch. Wash plates and cutlery (or load them in the dishwasher), wipe down kitchen table and worktops.
1:00pm - 2:00pm	Quiet Time	Reading, jigsaw puzzles, colouring, nap
2:00pm – 4:00pm	Academic Time	ELECTRONICS/INTERNET OK Home Learning Packs and/or Online activities e.g. TTRS, Pobble365, Twinkl.
4:00pm – 5:00pm	Afternoon Activity/ Fresh Air Time	Bike Ride (if allowed), Walk the dog, Play in the Garden, Yoga, Go Noodle
5:00pm – 6:00pm	Dinner Time	Help to prepare dinner for the family and eat together. Wash plates and cutlery (or load them in the dishwasher), wipe down kitchen table and worktops.
6:00pm – 7:30pm	TV/Electronics Time	Free time to watch anything you are allowed to on the TV or play games on your electronic devices.
7:30pm – 8:00pm	Quiet Reading Time	Get ready for bed and spend time reading or completing a Book Bingo Challenge.
8:00pm	Bedtime	All children
9:00pm	Bedtime	All children who follow the daily schedule and don't moan about it!!