

## For Parents of K-12 Students: Online Learning at Home

Learning at home and online becomes less challenging with schedules and routines that work for the whole family. As you think about structuring your student's day effectively, you'll want to consider things like:

- the age of your student(s)
- the number of learners you have in the home
- the types of learning activities they are assigned
- access to a computer/tablet/Smartphone, if needed
- how long your student can work on a learning activity
- how often your student will need breaks
- how your own schedule impacts that of your student

Younger students thrive with structure and routine in their days, and their focus time for a particular activity will be significantly shorter than that of older students. Middle school and high school students benefit from some level of flexibility and autonomy in building their schedules. Work with your older students to create a daily schedule that works well for them. Reevaluate at the end of each day to determine whether adjustments should be made. And don't forget, it does take some time to get adjusted to new routines.

**When your child is not tied to a school bell, your life and learning time can be more flexible. So when you think of schedules, think more broadly across the day.** Consider the following blocks of time that should be worked into students' school days.

### Sample K-12 Family Schedule - An Online School Day

Daily Activity	Duration	Times per Day	Activity Options
<b>Academic Time</b>	30-50 minutes	4-6	<ul style="list-style-type: none"> <li>★ Read and review learning materials</li> <li>★ Take notes</li> <li>★ Complete learning activities</li> <li>★ Attend online learning sessions</li> </ul>
<b>Brain Breaks</b>	15-30 minutes	2-3	<ul style="list-style-type: none"> <li>★ Take a walk</li> <li>★ Get a snack</li> <li>★ Stretch</li> <li>★ Do yoga or mindful meditation</li> <li>★ Dance</li> <li>★ Play outside</li> </ul>
<b>Meals</b>	30-60 minutes	3	<ul style="list-style-type: none"> <li>★ Eat breakfast, lunch, and dinner</li> <li>★ Interact with family members during meal time</li> </ul>
<b>Chores</b>	15-30 minutes	2-3	<ul style="list-style-type: none"> <li>★ Make bed</li> <li>★ Tidy up room and workspace</li> <li>★ Help prepare meals, set table</li> <li>★ Put away toys</li> </ul>
<b>Socialization</b>	30 minutes	2-3	<ul style="list-style-type: none"> <li>★ FaceTime or meet online with friends or family</li> <li>★ Meet with clubs virtually</li> <li>★ Social media</li> <li>★ Play board games, cards, backyard games</li> </ul>
<b>Enrichment</b>	Varies	Varies	<ul style="list-style-type: none"> <li>★ Read</li> <li>★ Create: use art supplies, legos, building materials</li> <li>★ Watch an educational program</li> <li>★ Play or learn a musical instrument</li> <li>★ Listen to a podcast or audiobook</li> <li>★ Write a letter or journal</li> <li>★ Explore virtual field trips</li> <li>★ Do puzzles</li> <li>★ Do puzzle book activities (word search, logic puzzles, crosswords, Sudoku)</li> </ul>