



The Three Rs of Learning from Home: Tips for Stressed-out Families



Connecticut State Department of Education

Daily Schedule: Elementary

SAMPLE Elementary Schedule - Learning Plan Template

Subject	Approximate Time	Learning Activities
Reading*/**	20 minutes	
Writing**	15 minutes	
PE Brain Break	2-5 minutes	
Word Study	25 minutes	
PE Brain Break	2-5 minutes	
Math**	30 minutes	
Optional opportunities to extend or explore		
Shared Reading or Independent Reading	<p><i>During "shared reading" time, please read to your student and have your student read to you.</i> <i>After "independent reading" time, please ask your student to tell you what they read about:</i></p> <p>How to Discuss Books with Your Kids (even when you haven't read them) 21 Questions to Ask Your Child About a Book</p>	
Choose Your Own Extended Practice	<p>Take a Virtual Field Trip</p>	

Click here to access learning activities for **Specials** (FLES, Art, Music, Library Media). *Plan to choose two Specials each day. Then, aim to spend about 20-30 minutes working on each Special's activities.*

Week		
Specials	Learning Activities	
FLES (Foreign Language Elem School)	Spanish	French
Art		
Music		

Daily Schedule: Elementary

Item	Time	Explanation
Wake up	Normal	Get up at the same time you normally would: helps continuity.
Breakfast	Normal	Again, this should be the same time as normal: helps continuity.
Begin Supplemental Packet	20-40 minutes	It takes less time to complete lessons in intensive study, don't overdo it.
Break 1	5-10 minutes	Assists with maintaining health and well-being.
Continue with packet activities	20-40 minutes	Remember to study subjects in the same order you normally would.
Break 2	5-10 minutes	Be active. Have some water.
Art/Music/Creative time	20-40 minutes	Allow time for the arts.
Lunch	30-45 minutes	Ensure that some physical activity is allowed during this time.
Quiet time for all	20-40 minutes	All members of the household should have time to engage in an activity of interest.
Break 3	5-10 minutes	Get up and move around. Don't forget to have some water.
Last session for supplemental work	20-40 minutes	For most students this will be the final academic time of the day. Continue the pattern if necessary.
Break	5-10 minutes	A small snack may be needed
Health and Wellbeing	20-40 minutes	Time for exercise, dance, yoga, movement, play.

Daily Schedule Secondary

Grade 6					
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:00	Check Schoology & Plan Your Day	Check Schoology & Plan Your Day	Check Schoology & Plan Your Day	Check Schoology & Plan Your Day	8:30-10:30 CORE
9:00-9:30	CORE	ENCORE 9	CORE	ENCORE 9	
9:30-10:00		ENCORE 3		ENCORE 3	
10:00-10:15	Break	Break	Break	Break	
10:15-10:45	CORE	CORE	CORE	CORE	10:30-11:00 ENCORE 3
10:45-11:15					11:00-11:30 ENCORE 8
11:15-11:30	Break	Break	Break	Break	11:30-12:00 ENCORE 9
11:30-12:00	ENCORE 3	CORE	ENCORE 3	CORE	12:00-3:00 Professional Development all teachers STUDENTS: 12:00-2:20 Time to work on assignments, organize materials, and prepare for assessments.
12:00-12:30	ENCORE 8		ENCORE 8		
12:30-1:00	Break	Break	Break		
1:00-1:30	ENCORE 9	ENCORE 8	ENCORE 9	ENCORE 8	
1:30-2:00	Time to work on assignments, organize materials, and prepare for assessments.	Time to work on assignments, organize materials, and prepare for assessments.	Time to work on assignments, organize materials, and prepare for assessments.	Time to work on assignments, organize materials, and prepare for assessments.	
2:00-2:20					Distance-learning HR

Sample Family Plan

Sample Family Plan

Time	Activity	Notes (Sample)
By 10:00	Get up, eat breakfast, get work-out clothes on...	
10-11	Work-Out, shower, and get dressed.	Follow your PE teacher's plan for your workout
11-12	Academic Block	Pick 1-2 Subject Areas to focus on ie- Math and ELA
12-1	Lunch and Chill	
1-2	Academic Block	Pick 1-2 Subject areas to work on ie- Science and Social Studies
2-3	Chores	Fold Clothes, Vacuum, Clean your room, empty the dishwasher etc...
3-4	Quiet Time	Ride your bike, read a book, facetime a friend etc..
4-5	Academic Block	Pick 1-2 Subject Areas to Focus on ie Art and Music
5-Bedtime	Dinner Family Time Screentime	

Image Credit: Milford Public Schools

Sample Online Learning At Home Schedule

Time	Activity
7:30-8:15	Wake-up, Eat Breakfast (wipe counters and load dishwasher), Brush Teeth, Get Dressed, Clean Room/Bathroom
8:15-8:30	Walk and feed dog
8:30-10:00	Learning Activities
10:00-11:00	Do something creative: bake, play a game, draw, play your instrument, etc
11:00-12:00	Outside Time- Get out and move! Work Out Conditioning
12:00-1:00	Lunch- eat and clean up (wipe counters and load dishwasher)
1:00-2:30	Learning Activities
2:30-2:45	Walk and feed dog
2:45-3:30	Outside Time- Get out and move!
3:30-4:00	Khan Academy
4:00-4:45	Independent Reading and Response
4:45-5:45	Electronics/Connect with Friends Virtually
6:00-	Family Time (30 minutes PSAT Practice) Journal Time
9:00	Start Bed-Time Routine

Image Credit: Milford Public Schools

Technology Resource Guides for Parents

- [Parents' Ultimate Guide to Google Classroom](#) English/[Spanish](#) (Common Sense Media)
- [Parents' Guide to Schoology](#) (Schoology Support)
- [Seesaw for Parents](#) (Seesaw)
- [Parents' Guide to Canvas](#)
- [Google Meets for Distance Learning](#)
- [Parents' Ultimate Guide to Zoom Meetings](#) English/[Spanish](#) (Common Sense Media)

On Demand Resources

Watch - one or more video:

- CSDE – [COVID-19 Resources for Families and Educators](#)
- (3:02) Kid President – [Pep Talk for Moms](#)
- (7:48) [Every Kid Needs a Champion](#) (TED Talk)
- (1:57) [Rubiks Cube: A Question Waiting to be Answered](#)
- [Counselor Keri](#): Videos, Blog, and other resources

Listen:

Podcast: [Getting Smart Podcast | CASEL: Leading Advocate for Social Emotional Learning](#)

Podcast: [Learning at Home for Parents](#)

Read - one or more article:

- [Triple Duty: Working, Parenting, and Teaching From Home](#) (NPR)
- <https://www.zonesofregulation.com/index.html> (shared Wethersfield Resource)
- [Wethersfield SEL Presentation CAPSS/EDLR](#)
- [Ellington SEL Presentation CAPSS/EDLR](#)
- [Student Distance Learning Checklist](#)
- [Copeify](#) - Self Care application to helps kids thrive Drew Bartkiewicz - drew@copeify.com
- [Connecticut Childrens Hospital](#) – School Closure Kit



For questions about these topics,
please email chris.clouet@ct.gov.



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