



A ROUTINE FOR REMOTE LEARNING

It's very important to have a routine for your family to structure your time. Routines are reassuring and promote health and physical wellbeing. The below timetable (targeted at children) could be a useful tool for your household to use and adapt as needed.

Daily Schedule

Before 8:00am	Wake up	Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry.
8:00-8:45am	Morning walk	Family walk with the dog, bike ride. Yoga if it's raining.
8:45-9:45am	PERIOD 1 ONLINE Learning at home	Check in to your Class Team. See what the work is and then use the posts / chats area to ask for help. Join the class video conference when they are on.
9:50-10:50am	PERIOD 2 ONLINE Learning at home	Check in to your Class Team, see what the work is and then use the posts / chats area to ask for help. Join the class video conference when they are on.
10:50am	BREAK TIME - Connect with your family at home without devices. Connect with friends and family online.	
11:20-12:20pm	PERIOD 3 ONLINE Learning at home	Check in to your Class Team, see what the work is and then use the posts / chats area to ask for help. Join the class video conference when they are on.
12:25-1:25pm	PERIOD 4 ONLINE Learning at home	Check in to your Class Team, see what the work is and then use the posts / chats area to ask for help. Join the class video conference when they are on.
1:25- 2:15pm	LUNCHTIME – Eat, exercise/move about, help your family. Connect with your family members.	
2:15-3:15pm	PERIOD 5 ONLINE Learning at home	Check in to your Class Team, see what the work is and then use the posts / chats area to ask for help. Join the class video conference when they are on.
3:15-5:00pm	Go outside for some afternoon fresh air	Bikes, walk the dog, go outside.
5:00-7:00pm	Dinner time. Remember to help prepare the meal and with cleaning up afterwards.	
6:00-8:00pm	Free time	
8:00pm-10:00pm	It's time to get ready for bed	Getting regular sleep is very important.

**Adapted from a resource developed by Jessica McHale Photography*