

Sample Schedule

Creating a routine is key to juggling work, at-home learning and family time. If your child's school is providing scheduled e-learning times, aim to build out the time in-between to create structure for you and your family.

Most importantly - be flexible. Try a couple of schedules until you find the one that works best for you and supports your child's learning style. Make time for activities that your family can enjoy together and think outside the box when hiccups arise.

Find more ideas and resources at <https://www.actionforhealthykids.org/staying-healthy-and-active-with-virtual-and-at-home-learning/>

7:00am – 8:00am	Wake up and start the day! Change out of PJ's and get ready for the day. Make breakfast a breeze with these easy tips and tricks for staying healthy and on a schedule.
8:00am – 8:15am	Quiet morning activity. Create space for children to ease into the day with a quiet activity. Get the body moving with some stretching or yoga or start the day with journaling or a reflective art activity .
8:15am – 9:15am	Active Learning Session I
	Take a 5-minute Brain Break!
9:15am – 10:15am	Active Learning Session II
10:15am – 10:30am	Snack. Make snack time at home a healthy one with easy, on the fly recipes.
10:30am – 11:00am	Recess before lunch! Research has shown that recess before lunch has lots of positive effects on children's overall health and wellness. Children aren't rushing to eat so they have more time to play and they've burned off excess energy so they're ready to learn when they go back to learning. Win-win-win! Create a backyard fitness circuit course or pick one of these 50 activities out of a hat. Stuck indoors? Try out a sensory play activity or make the most of screen time .
11:00am – 12:00pm	Lunch time. Refuel with a healthy lunch. Use meal times as an way to incorporate nutrition education into your home routine or practice mindful eating as a family.
12:00pm – 1:30pm	Active Learning Session III
	Take a 5-minute Brain Break!
1:30pm – 2:30pm	Active Learning Session IV
2:30pm – 3:00pm	Play. Unstructured play opens the door for additional exploration, creativity and self-expression. Opt outside if the weather permits or use the imagination to turn household items into fun and games!
3:00pm – 3:30pm	Quiet afternoon activity. Wind down from the day with another quiet or reflective activity. Use this time to talk with children about how they are feeling or join them in a quiet activity they enjoy most.

Active Learning Session Tip: Turn distance learning packets into an [active learning opportunity](#) by pairing physical activity with the lesson. With nice weather, [take the "classroom" outdoors](#) for a change of scenery and fresh air.