

HOME ACADEMIC SCHEDULE

Below is a SAMPLE Home Academic Schedule that you may find helpful. This resource is to be used as a potential guide in helping students maintain an academic focus while schools are closed.

TIME	ACTIVITY	DETAILS
Before 9:00AM	Wake Up	Eat breakfast, make your bed, and get dressed for the day.
9:00 - 10:00AM	Physical Activity	Take a family walk around the neighborhood. If it's raining, find an indoor space for yoga, stretching, crunches, pushups, etc. If available, try free exercise videos on YouTube or other streaming providers.
10:00 - 11:00AM	Academic Time	Utilize available ELA and Math print and electronic resources to keep your skills strong. Challenge yourself by committing 30 minutes each to ELA and Math practice.
11:00 - 12:00PM	Creative Time	NO ELECTRONICS Legos, coloring, drawing, crafts, baking or cooking with parent supervision.
12:00 - 12:30PM	Lunch Time	
12:30PM	Chores	Clean up from lunch, organize your room, help with laundry, clean countertops, door knobs, etc.
1:00 - 2:30PM	Quiet Time	Reading, journal writing, puzzles, mindfulness, or taking a nap.
2:30 - 4:00PM	Academic Time	Science, Social Studies, STEM, Career Exploration - Utilize available paper and online resources to sharpen your skills and learn new information. Research ideas on the impact of the pandemic both in science and our society. Report out to your family and write about it in your journal. Research colleges and careers of interest.
4:00 - 5:00PM	Physical Activity/Play	Ride a bike, take a walk, play outside, do yard work, or walk the dog.
5:00 - 6:00PM	Dinner	Help your family prepare and clean up from dinner.
6:00 - 8:00PM	Free Time	TV, play, reading, games, etc.
8:00PM	Prepare for Bed	Family determines bedtime based on how well you adhered to the Home Academic Schedule.