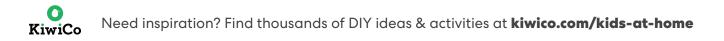
We asked an elementary school principal to design an aspirational at-home learning guide. Adjust or combine times and activities to make **a schedule that works for you**!

| MORNING     |                           |   |
|-------------|---------------------------|---|
| 8:00-8:50   | Wake Up & Breakfast       | Bonus points (maybe for a few days in): Have your kids help prepare the meal and clean up.  |
| 8:50-9:00   | Daily Check-In            | Review the schedule and set expectations.<br>We can lose track of days without work or<br>school, so talk about the day of the week<br>and the weather. |
| 9:00-9:15   | Mindfulness Activity      | Lead a family stretch, meditation, or breathing exercise.   |
| 9:15-9:30   | Creative Journaling       | Have your kids write or doodle about their<br>feelings, brainstorm creative ideas for activities,<br>or list a few things they're grateful for.         |
| 9:30-10:15  | Brain Building            | See our list of resources for ideas if you need them: <b>kiwico.com/kids-at-home</b>  |
| 10:15-10:30 | Movement Break            | Get the blood flowing with jumping jacks, stretches, or a walk/run around the block!  |
| 10:30-11:15 | Brain Building            | Kids continue working on at-home school<br>assignments or reading, writing, math and<br>science activities.   |
| 11:15-11:30 | Movement Break            | Shake it out again! Put on some music and challenge your kids to a dance off.   |
| 11:30-12:00 | Screen-Free Creative Play | Grab some craft supplies and pick a KiwiCo<br>DIY that you can do together or one that<br>your kids can do on their own.                                |
| 12-12:30    | Lunch                     | Make a quick and easy meal together.  |

| AFTERNOON & EVENING |                          |  |  |
|---------------------|--------------------------|--|--|
| 12:30-1:00          | Recess                   | Try to keep your kids active at home. Set up<br>an obstacle course or a game to play in the<br>backyard or at a nearby park!   |  |
| 1:00-1:30           | Family Team Building     | Challenge your family to do a chore together<br>like lunch cleanup, laundry, or supply check.<br>Whatever it is, just make sure everyone plays<br>a part!                          |  |
| 1:30-2:00           | Screen-Free Quiet Time   | Take a break from digital learning with a book, puzzle, or rest.   |  |
| 2:00-3:45           | Kid's Choice             | Create a menu of activities your kids are<br>capable of doing, like baking, sports, crafts,<br>building, or playing music. Then, empower<br>them to decide how they want to learn! |  |
| 3:45-4:00           | End-of-Day Review        | Talk about the day's achievements and set intentions for tomorrow.   |  |
| 4:00-5:00           | Free Play Outside        | Get outside for some fresh air! This would be a<br>good time for a nature walk, but stay safe and<br>clear of crowded places.  |  |
| 5:00-5:30           | Screen Time              | Give yourself a break to make dinner or wrap up work.  |  |
| 5:30-6:30           | Family Dinner & Clean Up | Reflect on the day. This could be a good time to answer any questions your kids may have.  |  |
| 6:30-7:00           | Quiet Family Time        | Wind down with a board game, book, or craft.   |  |
| 7:00-9:00           | Bedtime                  | Prepare for tomorrow and get a good<br>night's sleep.  |  |

Use this template to **create your own schedule** with a mix of activities from the learning guide!

#### MORNING



AFTERNOON & EVENING

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