

Sample Shorter Daily Schedule

Here is a sample in-home learning schedule. This schedule begins at 9:30 and ends at 1:00. You can tailor this schedule to fit your day.

9:30	Wake up and get ready for the day
10:30	Literacy
11:00	Break
11:15	Math
11:45	Lunch
12:15	Physical Activity or Fine-motor task
12:45	Talk about what you learned



9:30-10:30- Wake up, brush teeth, get dressed, breakfast (see Daily Routines and Adaptive/Self-Help Skills at [Meadow Crest In-Home Learning](#) for visuals and ideas)

10:30-11:00- Literacy Activity

Literacy ideas to try:

- Read a book with your child or just look at the pictures in a book and talk about them. Ask questions using, “who, where, when, why.” Predict what will happen next.
- Have your child draw a picture of their favorite animal/person/place and tell you about it. Write down what they say about it.
- Tell your child a story about something you did as a child. Ask them to listen carefully and then ask them to retell the story in their own words.
- As you read a book, ask them to point out certain letters on each page. Ask them what sound the letter makes. Say it for them if they don’t know yet and have them repeat it.
- Try out some ideas from the literacy section or the Speech/Language Supports on our website [Meadow Crest In-Home Learning](#)
- <https://meadowcrest.rentonschools.us/for-families/in-home-learning>

10:45-11:00- Break (stretch, run around in the yard, have a quick snack)

11:00-11:45- Math Activity

Math activities to try:

- Practice counting to 31 or as high as your child can go
- Make a collection of some object (pencils, blocks, paperclips, etc.) Count how many there are altogether. Put out a few at a time and have your child count how many.
- Practice positional words with 2 objects. Put the smaller one in different positions and have child identify where it is (bottom, top, up, down, in front of, behind, over, under, next to, first, last)
- Practice subitizing (naming how many quickly) by holding up 1-10 fingers or rolling one (or two) dice.
- Try out some ideas from the Math Section on our website [Meadow Crest In-Home Learning](#)
<https://meadowcrest.rentonschools.us/for-families/in-home-learning>

11:45-12:15- Lunch break (a great time to practice counting, vocabulary, telling stories)

12:15-12:45- Physical activity

Physical activities to try:

- Count to 31 while doing jumping jacks
- gallop in a circle
- dance to your favorite song
- pretend to be your favorite animal
- Try out some ideas from the Fine and Gross Motor/OT PT Supports section on our website: [Meadow Crest In-Home Learning](https://meadowcrest.rentonschools.us/for-families/in-home-learning)
- <https://meadowcrest.rentonschools.us/for-families/in-home-learning>

12:45-1:00- Closing-Water break and recap what you did during the day.

- To make each day different, consider adding some of the many other activities found on the [Meadow Crest In-Home Learning](https://meadowcrest.rentonschools.us/for-families/in-home-learning) website
<https://meadowcrest.rentonschools.us/for-families/in-home-learning>

Social/Emotional Learning

Read Aloud videos

Social Stories

Miss Melody

Remember to build in some time to play each day!