

Dear Palominas Families,

Our worlds have changed at a rapid pace! As you are finding out, even though we need to practice social distancing and school campuses are not currently open, you are not alone! All of your students' teachers are available and teaching, it just looks different for the moment. As the Character Education teacher, I am also available for your student's needs. My website will be available with social emotional resources for you and your students by week's end. Your student can still schedule time to meet with me online should they want or need to.

When your child is at school, he/she has a daily schedule. To help you and your child/family, you may want to consider making a schedule at home. This will help keep some sense of normalcy and consistency, empower your child, and remind your kids of your expectations. Here are 3 kinds of schedules you may want to consider:

1. Clock Schedule
2. Time Block Schedule
3. Checklist Schedule

When scheduling time, remember to include breaks (including snack breaks), physical activity and/or outside time, chores, family time...this is not just about the academics! I've heard of all kinds of creative systems of "rewarding" kids throughout the day as well! From earning game minutes, a special activity, family currency to choose rewards...whatever works best for your family. This could keep things positive and fun! I have attached samples of what each schedule might look like.

REMINDER: If either you or your child is getting frustrated with a task, it's okay to change what you're doing and come back to it later. A schedule is a great guide, but flexibility is essential. That is a benefit you have at home that we don't always have on the school campus!

Ultimately, this is a unique opportunity - yes **OPPORTUNITY!** - for you and your family. It will come with challenges, but you can dig deeper into things your child is excited about learning about! You can have conversations (and you will be seeing conversation starters from me!) about what is going on with your child, your family, in the world right now. Years from now, your child may not remember why they had to stay home from school, but they will remember how you made your home feel during this time. **YOUR RELATIONSHIP WITH YOUR CHILD WILL PROTECT THEM AND TEACH THEM DURING THIS TIME!** As you know, learning is not merely about academics (which are important!), but what happens all the time. Embrace the opportunity to spend this unexpected time with your child!

Last, it's important to remember that school done at home will most likely take much less than the 6 hours they spend at school! (as long as they are not idle!)

CLOCK SCHEDULE

This works best for kids/families who thrive by following a time schedule. This can also help learning to read clocks!

Example:

8:30 am	Breakfast
9:00am	Reading
9:30am	Go outside and play
10:00am	Writing
10:30am	Snack & movement break
11:00am	Math
11:30am	Building activity (legos, blocks, etc)
12:00pm	Lunch
12:30pm	Outside time
1:00pm	Read Aloud (adult read aloud or find a video of a book being read aloud)
1:30pm	Any other work and/or research something fun to learn about
2:00pm	Quiet hour activities in house
3:00pm	Physical activity
3:30pm	Chores
4:00pm	Free time
6:00pm	Family game time!
7:30pm	Clean room, get ready for bed
8:00pm	Bedtime story

When making a clock schedule, remember to include whatever family commitments/activities you have, if your child has any live sessions with teachers, etc.

Time Block Schedule

This works best for kids who work well with a timer knowing they will get breaks. Also good when you have varying start times during your day.

15 minutes	Reading (2x per day)
15 minutes	Outdoor play time (gross motor skills)
10 minutes	Writing (3x per day - structured, free write, journal)
30 minutes	Snack & movement break (am & pm)
30 minutes	Math
20 minutes	Building time (fine motor skills - legos, blocks, etc)
1 hour	Lunch/play time
20 minutes	Read Aloud (adult read to child in person or online)
30 minutes	Other work (social studies, science, specials) or research something fun!
30 minutes	Chores
60 minutes	Quiet time
45 minutes	Game time! (board games, card games, outside games - play together)

Checklist Schedule

This works best for kids who need guidance but not as much structure.

- Reading
- Math
- Writing
- Other Subjects/Specials
- Read Aloud
- Outside play
- Inside play
- Quiet time
- Chores
- Family games

This is by no means all-inclusive, but just ideas if you are looking to give some structure to your days. It's always a good idea to have your child give input to the schedule as well!

If you have questions or concerns, please feel free to contact me! Let's kick this virus spread together and I hope to see your child in a few weeks!

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