







Preschool: Sample In-Home Learning Schedule

Sample In-Home Learning Schedule

A consistent, predictable schedule supports daily structure and organized routines for students and will assist with their continued learning, health and wellness. It is important to maintain consistency for our students and children during these challenging times. Implementing a regular routine for our students is important and the use of an *in-home learning schedule* such as the sample one below can be used as a tool to support these consistencies and are meant to be flexible and adjusted to align with varying family and student needs.

	Monday	Tuesday	Wednesday	Thursday	Friday (optional)
Morning Routine Self-Help/Adaptive (30 minutes)	<p>Follow wake-up task schedule. Go to your daily workspace. Choose your reward for work completion! Check out Daily Routines and Adaptive/Self-Help sections of the Meadow Crest In-Home Learning page to make a schedule of your own or to see ideas to teach and practice these skills.</p> <p>Or watch this video https://www.youtube.com/watch?v=ws58trETcZU&feature=youtu.be</p>				
Literacy (15-20 minutes) 	<p>New Literacy Activities will be uploaded every Friday afternoon at Meadow Crest In-Home Learning or you can do activities similar to those listed below.</p>				
	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.	Practice signing the ABC's. Go on a scavenger hunt to find how many places you see the letter ____ in your house.	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.
	<p>5 minutes: Independently read (look at pictures, tell the story in their own words) or partner read with caregiver</p>				
Stretch Break  	<p>30 minutes: Access your reward!</p> <p>Move around, play a game, get some exercise and fresh air!</p> <p>Check out the OT/PT Gross Motor Supports on the Meadow Crest In-Home Learning page or the PE section on the Students & Families resource page for ideas</p>				
Math (10-15 minutes) 1, 2, 3	<p>New Math Activities will be uploaded every Friday afternoon at Meadow Crest In-Home Learning or you can do activities similar to those listed below.</p>				
	Practice counting to 10 or 31 or as high as your child can go	Talk about a shape (circle, square, triangle, rectangle, rhombus (diamond), hexagon or trapezoid) and go on a shape hunt to find everything that is that shape in the room.	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.
Snack or Lunch Break 	<p>Remember to pre-order your free meals!</p> <p>(click on: <i>Student Support Resources > Breakfast and Lunch Program (Pre-Order)</i>)</p> <p>Lunch or snack is a great time to practice counting and language. See Snack Talk Routine</p>				
Stretch Break (5 minutes)  	Choose 3 activities: 10 jumping jacks; gallop in a circle; march in place 20 times while you tell a joke.	Choose 3 activities: dance to your favorite song; pretend to be your favorite animal; skip in a circle; jump in place 10 times!	Choose 3 activities: 10 jumping jacks; toss a ball to a partner 10 times; use your outside voice to sing the alphabet	Choose 3 activities: skip in a circle for 3 minutes; do 5 push-ups; do 30 seconds of windmills; jump in place 15 times while you spell your name!	Choose 3 activities: do 10 jumping jacks; walk backwards in a circle for 4 minutes; march in place 30 times to favorite song!

Preschool: Sample In-Home Learning Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday (optional)
Language and Motor	New SLP (Communication) Supports and OT/PT supports for Fine Motor activities will be uploaded every Friday afternoon at Meadow Crest In-Home Learning . Choose which activities are most appropriate for your child.				
Social Skills (10-15 minutes)	New Social/Emotional Activities will be uploaded every Friday afternoon at Meadow Crest In-Home Learning .				
Choice Time (20-30 minutes)	Set up an area for your child to play "house," "school," "restaurant"	Choose from blocks, Legos, play dough, art	Set up an area for your child to play "house," "school," "restaurant"	Choose from blocks, Legos, play dough, art	Complete a project using inspiration from YouTube Kids!
Music and Art (15 minutes)	Sing along with Miss Melody First Note Music Program	Work on a creative project using ideas from <i>The Art</i> on PBS Learning Media!	Sing along with Miss Melody First Note Music Program	Work on a creative project using ideas from <i>The Art</i> on PBS Learning Media!	Sing along with Miss Melody First Note Music Program
Reflection Routine (5 minutes)	<p>Reflect at the end of your day <u>Choose 2 questions to answer:</u></p> <ol style="list-style-type: none"> 1) What is one new thing you learned? 2) What is something new you tried? 3) How are you feeling? 4) What was the best part of your day? 5) What are you looking forward to tomorrow? 				

Other considerations

- We have provided you with lots of ideas and activities. Do what works for your child, you and your schedule. Reach out to your child's teacher for assistance if needed. We're all in this together!
- Not everything needs to be online! Card games, matching games, sorting objects, helping with household routines can all be fun learning opportunities.
- Remember to check out [Ready Rosie](#) for quick ideas to make learning fun within your normal routines.

Tips for learning at home

- Allow for **short sessions** throughout the week. Some preschoolers are only ready for 3-10 minute learning sessions. Others can focus for 15-20 minutes. Wherever they are is okay!
- Transitions between activities can be helpful. Sing a song (like the clean up song!) or have your child pick out a special object to transition with. Use a timer or a funny noise to give advanced warning of a transition or use a picture schedule. Ideas for these are in the Routines and Adaptive sections of [Meadow Crest In-Home Learning](#)
- Get physically at their level and get their attention with a tap on the shoulder before giving directions.
- Encourage **completion of every activity** that is started. **Mistakes are OK**. Your child should not shy away from incorrect answers, that is how they learn!
- We know it's difficult, but **please resist the urge to help** with things they can do. Allowing them to struggle a little is okay. Encourage their effort in everything they do.
- Have fun! If it gets stressful, stop, take a break and come back to it later.