

# At-Home Learning Schedule

By Jessica McHale Photography  
With added suggestions from ZLS

Before 9:00am	Wake Up	Eat breakfast, make your bed, get dressed
9:00-9:15	Morning Devotions	Watch for these in your inbox!
9:00-10:00	Morning Walk/Exercise	Family walk; Yoga if it's raining
10:00-11:00	Academic Time	<b>No Electronics</b> Sudoku books, flash cards, study guide, journal, school assignments, board games
11:00-12:00	Creative Time	Legos, magnatiles, draw, paint, crafts, play music, cook or bake, etc
12:00	Lunch	
12:30	Chore Time	<i>See next sheet for age appropriate chores</i>
1:00-2:30	Quiet Time	Reading, puzzles, nap, listen to music
2:30-4:00	Academic Time	<b>Electronics OK</b> Educational ipad games, prodigy, educational show, teacher recommended website
4:00-5:00	Afternoon Fresh Air	Play outside, walk the dog, ride bikes
5:00-6:00	Dinner	
6:00-7:00/8:00	Free Time/TV Time	Family game time
7:00/8:00	Start nighttime routines	Showers, read together, family devotions, pray
7:30/8:30-8:00/9:00	Bedtime	
8:30/9:30	Bedtime	Bedtime for children who follow daily schedules and don't fight 😊

# age appropriate CHORES

## 2-3 YEARS

- \*make bed
- \*pick up toys and books
- \*put laundry in hamper
- \*help feed pets
- \*help wipe up messes
- \*dust (put socks on hands)

## 4-5 YEARS

- \*clear/set table
- \*load dishwasher
- \*empty silverware from dishwasher
- \*take laundry to laundry room
- \*match socks & fold
- \*put away laundry
- \*straighten room
- \*get the newspaper/mail

## 6-8 YEARS

- \*empty dishwasher
- \*clean bathroom sinks & counters
- \*sort laundry by colors
- \*help pack school lunches
- \*pull weeds & rake leaves
- \*water plants/flowers
- \*collect trash from wastebaskets

## 9-11 YEARS

- \*clean toilets
- \*take trash to curb
- \*vacuum
- \*mop floors
- \*mow grass
- \*food preparation (wash, cut, dice, measure)
- \*walk pet

## 12+

- \*baby-sit siblings
- \*wash windows
- \*iron
- \*clean interior/exterior of car
- \*cook simple meals
- \*laundry
- \*clean refrigerator
- \*make grocery list

## AAP Screen Time Recommendations

Age	Recommendation
18 months and younger	Only Video Chatting
18-24 months	High quality programming with parents
2-5 years old	1 hour per day of high quality programs. Ideally, parents or caregivers co-view to help children understand what they are watching.
6 years and up	<p>Put consistent limits on screen time and types of media. Screen time shouldn't interfere with the child's sleep or exercise schedule.</p> <p>Make sure there are media-free times and spaces. For example, family dinner could be device free. You might also make bedrooms a screen free space.</p> <p>Engage in ongoing conversations about online citizenship and safety. This includes treating others with respect both on and offline.</p>