



# Helpful Home Learning Schedule

A structured school day helps students stay focused and be their best in class.  
We developed this suggested daily plan to families develop a  
consistent learning schedule at home!

## **Wake-Up: 8 - 9 a.m.**

*Make your bed, brush your teeth, wash hands, get dressed, eat breakfast*

## **Physical Activity: 9 - 10 a.m.**

*Stretch, yoga or light physical exercise inside*

## **Academic Time: 10 - 11 a.m.**

*Log on I-Ready (K-8) or Edgenuity (9-12)*

## **Academic Time: 11 a.m. - 12 p.m.**

*Work on instructional learning guide packets for ELA (M,W,F) or Math (T,TH)*

## **Lunch/Relax: 12 - 1 p.m.**

*Wash hands, eat a healthy lunch*

## **Academic Time: 1 - 2 p.m.**

*Log into I-Ready (K-8) or Edgenuity (9-12)*

## **Academic Time: 2 - 3:30 p.m.**

*Work on instructional learning guide packets for ELA (M,W,F) or Math (T,TH)*

## **Reflection: 3:30 - 5 p.m.**

*Write and discuss major learning from the day; fun educational games on electronic device*

## **Dinner: 5 - 6 p.m.**

*Eat a healthy meal with family and engage in conversation*

## **Free TV/Electronics Time: 6 - 8 p.m.**

*Take bath/shower and wind down*

## **Bedtime: 8 p.m. +**

*Get plenty of rest for a productive day tomorrow*

I-Ready is used for ELA and Math for K-8 students. Edgenuity is used for ELA, Math and Science for grades 9-12. Find learning guides and links to helpful websites and resources at [www.scsk12.org/instructionalresources](http://www.scsk12.org/instructionalresources).