

Sample Schedule During School Closure

Conway Elementary Students are use to a daily schedule of when to read, do math, go to lunch and participate in special areas.

Maintaining a schedule can be very helpful. Schedules and routines help influence a child's emotions, thinking, and social development. Schedules can help children feel safe, secure and understand expectations.

Before 9:00am	Rise and Shine	Eat breakfast, make your bed, get dressed, and brush your hair and teeth
9:00 - 10:00	Move your Body	Stretch, family walk with a pet, check out a gonoodle movement activity
10:00 - 11:00	Study Time	Get your worksheets done or log on to your class work through (google classroom, dojo, canvas or BBB)
11:00 - 12:00	Get Creative	Brain break, work on your art, music or pe lessons. Practice a mindfulness activity
12:00 - 12:30	Lunch	
12:30 - 1:00	Time to Help	A - Clean up your lunch dishes. B - Do something kind for someone else in your house. C - Complete one of you family chores.
1:00 - 1:30	Quiet time	Read, nap, work on a puzzle or participate in a mindfulness activity.
1:30 - 3:30	Study time	Get your worksheets done or log on to your class work through (google classroom, dojo, canvas or BBB)
3:30 - 4:30	Time for fresh air	Family walk, bike ride or other family outdoor play activity.
4:30 - 5:00	Electronics Time	30 minutes for tech devices.
5:00 - 6:00	Dinner	
6:00 - 7:45	Free time	Family game time, kids tv show, electronics
7:45 - 8:30	Bedtime routine	Bath, brush your hair and teeth, PJ's, Bedtime book,
8:30 - 9:00	Bedtime	