

Setting a Schedule During At-Home Learning

Most children do best when they have routines and structure in their lives. Schools provide these things, but when schools are not in session, students may have fewer predictable routines, which can increase their anxiety and their challenging behaviors. Families and caregivers can help and support their children by setting up a structure of times for learning, physical activity, and play. These work best if:

- routines and schedules are similar to what students are already familiar with from school.
- they are posted in a visible central place for all to see
- there is a routine/schedule for everyone in the family
- they are consistent and *consistently followed*

Sample Student Schedule

6:30	Get ready for the day (wake up, breakfast, shower, get dressed)
7:15	Morning check-in (touch base about the day ahead)
8:00	Virtual Learning
10:30	Move around/be active
11:00	Virtual Learning/Homework
11:30	Lunch and movement/activity
12:30	Virtual Learning
3:00	Finished with virtual learning for the day; movement/activity, social time, free time
6:00	Family/mealtime
9:00-10:00	Bedtime

Source: https://assets-global.website-files.com/5d3725188825e071f1670246/5e83b41b7df0210d47588d12_Supporting%20Families%20with%20PBIS%20at%20Home%20FINAL.pdf