



SCHEDULING IN THE HOME ENVIRONMENT



Creating a daily schedule

Scheduling is something that helps us to establish a sense of comfort and order through routine. Families can plan together a daily schedule that represents household needs, learning time, and personal needs, allowing student voice and choice in the process. Follow the steps below to create a schedule that has flexibility to meet individual and household needs.

- 1. Determine the needs.** Consider a wide range of daily routines and activities that can be divided into manageable blocks of time. Include those that promote intellectual growth, physical needs, and social interaction with friends and family members, either in-person or virtually, as well as those that are specific to the needs of the household.
- 2. Establish time frames.** Consider each activity and how much time should be reasonably allotted to each, keeping in mind the developmental needs of students of different ages. For example, older students (middle and high school) are capable of longer, sustained academic work than are younger students. In addition, consider that even children of the same age may have varying interests, approaches to learning, social needs, etc.
- 3. Build in suggested activities and other recommendations from schools.** As schools shift to providing learning opportunities outside of the traditional environment, be sure to incorporate these into the daily schedule. Allot time for virtual class meetings, online lessons, communication with teachers, and completion of assigned work.
- 4. Find a healthy balance.** Look for ways to balance mentally challenging tasks with those that are less demanding. In addition, be mindful of the proportion of screen time to other activities. If students spend a significant portion of time with e-learning on a given day, establish balance by having an outdoor activity. Especially during academic blocks of time, give students opportunities to engage with learning in more traditional forms.
- 5. Prepare a work space.** Identify areas or zones where students can engage in activities. Establish appropriate areas for quiet, independent activities and those that will require more interaction. Gather necessary items students may need, ensuring they can be easily and independently accessed.
- 6. Allow for flexibility.** As other needs and obligations arise, adjust the schedule as needed, thinking in terms of what can be accomplished over a week as opposed to in a single day. Reflect and make modifications along the way.
- 7. Post the schedule(s).** Keep the schedule posted in a place that is visible. Consider a scheduling format that allows students to track their own blocks of time. For example, younger students may use stickers or check-marks to indicate what has been completed.

The chart below illustrates the different kinds of activities that can be scheduled throughout a typical day. The sample schedules on the following pages are likewise color-coded.

Sample Activities by Category*

	Basic needs	Household needs	Learning/academic work	Physical activity	Free time/choice activities
K-5	Brush teeth, take a bath, rest, eat healthy foods & stay hydrated, spend time with loved ones, practice basic social skills like please & thank you, converse with others, listen to positive sounds such as music	Pick up toys, help set the table, participate in fixing a meal, dust, pick up dishes, sweep & mop floors, sort laundry, create "happy notes" to send to loved ones who are far away	Work through lessons provided by teacher, read & discuss reading, write & discuss writing, learn or practice languages, use math, apply science, draw, play music, craft, learn about other cultures, read or view stories from history, learn about health & safety, STEM activities, read aloud	Stretch, walk, run, outdoor play, jump rope, hula hoop, dance, play ball, ride a bike, shoot hoops, Tai Chi, calisthenics, climb stairs, online physical activity breaks	Read, play games, solve puzzles, play with toys, color, draw, craft, build with blocks, play with dough, watch educational TV, relax, screen time, engage in a variety of creative activities
6-12	Shower, brush teeth, take time to talk & process current events, take time to make human connections, manage social media in a healthy way, eat healthy foods & stay hydrated	Clean room, care for household members, prepare meals, care for pets, shop for family, assist neighbors (yard work, etc.)	Work through assigned coursework, read to younger household members, communicate with teachers, review college plans, complete scholarship searches, prepare for tests (ACT/SAT)	Take nature walks, do yard clean-up, ride bikes, calisthenics, dance, aerobics, stretch & breathe, shoot hoops, jump rope, run, climb stairs, play catch, cross train, skateboard, take online physical activity breaks	Draw, paint, color, do crafts, take design challenges, solve puzzles, watch shows, cook or bake, solve Sudoku, play games, play music online, read, relax

**The sample schedules are intended solely to provide guidance and suggestions when students are working in a non-traditional school setting. The activities are not meant to replicate the school day, rather provide suggestions for learning in the home. This document is for informational purposes only. Please contact your local district for specific information about recommended resources and support.*

Grades K–2

	Example A	Example B
7:00 AM	Breakfast & brush teeth	Breakfast & brush teeth
7:40 AM	Family walk with the dog	Stretching & breathing
8:00 AM	Independent learning: Read book(s) on your own Guided learning: Discuss book(s) with household member	Assigned school work or guided learning: Count money with a household member Independent learning: Practice counting money on own
8:40 AM	Building with blocks & clean up	Make/practice music & clean up
9:20 AM	Assigned school work or independent learning: List plants you see & identify things they need to survive	Independent learning: List items that can be changed by heating & cooling, identify which of those changes are permanent
9:40 AM	Draw what you see outside & clean up	Guided learning: Science experiments to determine if items listed are changed by heating & cooling, revise list, discuss findings with a household member
10:20 AM	Guided learning: Plant something with a household member & clean up	
11:00 AM	Wash hands & help set the table	Wash hands & help fix lunch
11:30 AM	Lunch	Lunch
12:00 PM	Play music & dance	Hula hoop & jump rope
12:20 PM	Quiet time: Relax	Quiet time: Watch educational TV
1:00 PM	Assigned learning: Read words with a household member Independent learning: Practice writing the words	Independent learning: Journal feelings & experiences regarding learning at home
1:20 PM		Crafting & clean up
1:40 PM	Crafting & clean up	
2:00 PM		Assigned school work
2:20 PM	Go outside & play	Go on a bike ride
3:00 PM	Wash hands & snack	Wash hands & make a snack
3:30 PM	Free time	Free time
5:00 PM	Family meeting, draft tomorrow's schedule	Family meeting, draft tomorrow's schedule
5:30 PM	Wash hands & help prepare dinner	Wash hands & help prepare dinner
7:00 PM	Bath	Bath

Grades 3–5

	Example A	Example B
7:00 AM	Breakfast & brush teeth	Breakfast & brush teeth
8:00 AM	Take a walk	Stretching & breathing
8:30 AM	Create daily schedule together	Create daily schedule together
9:00 AM	Assigned school work or review	Independent learning: Read book(s) on your own, keep a reading log noting questions, new words, ideas to think or talk about
10:00 AM	Dance party	Play outside
10:30 AM	Independent learning: Write a first draft of a paper explaining your thoughts and experiences regarding learning from home.	Independent learning: Watch out a window and identify birds you see, create a graph to show how many of each you observe during a 20-minute period
11:30 AM	Use common household materials to create something new	Draw your favorite cartoon or video game character
12:00 PM	Wash hands, help fix lunch	Wash hands, help fix lunch
1:00 PM	Run outside/play outdoor games	Run outside/hula hoop/ jump rope
1:30 PM	Guided learning: Household member reads aloud to child or child reads aloud to household member	Assigned school work or review
2:00 PM	Make a card for somebody you are missing	Guided learning: Discuss book(s) & reading log with household member
2:30 PM	Screen time	Crafting and clean up
3:00 PM	Wash hands, plan & make healthy snack	Wash hands, plan & make healthy snack
3:30 PM	Free time	Free time
5:00 PM	Family meeting, draft tomorrow's schedule	Family meeting, draft tomorrow's schedule
5:30 PM	Wash hands & help prepare dinner	Wash hands & help prepare dinner
7:00 PM	Bath	Bath

Grades 6–8

	Example A	Example B
30 min	Wake/breakfast/morning hygiene	Wake/shower/morning hygiene
30 min	Independent learning: English Language Arts	Guided learning: Mathematics
30 min	Guided learning: Social studies	Independent learning: Science
15 min	Indoor PE lesson	Outdoor exercise
30 min	Outside chores: Yard work/outside clean-up or maintenance/taking out trash	Household/indoor chores
30 min	Prepare lunch, eat & clean-up	Prepare lunch, eat & clean-up
90 min	Nap/rest	Watch an educational show
30 min	Journaling or other writing activities/writing letters to friends & family or community members	Self-selected reading
90 min	TV/gaming/social media	TV/gaming/social media
60 min	Academic choice: Assigned school work, help siblings with school work, communicate with teachers	Academic choice: Assigned school work, help siblings with school work, communicate with teachers
45 min	Creative choice: Crafts/personal hobbies/music practice/drawing or coloring	Board games/puzzles/design challenges/science experiments
60 min	Help prepare dinner & clean-up	Help prepare dinner & clean-up
45 min	Bike ride	Walk pets
30 min	Organize a family or personal space	Baking or meal prep
90 min	TV/gaming/social media	TV/gaming/social media
30 min	Relax/evening hygiene	Relax/evening hygiene

Grades 9–12

	Example A	Example B
30 min	Wake, shower	Wake, shower
45 min	Gaming/TV	Gaming/TV
60 min	Make breakfast for self and siblings	Make breakfast for self and siblings
120 min	Assigned school work	Assigned school work
30 min	Take a walk	Practice guitar
90 min	Help siblings with schoolwork/ household chores	Help siblings with schoolwork/ household chores
60 min	Make lunch for self and siblings	Make lunch for self and siblings
120 min	Schoolwork/reading	Watch documentary (possibly online with friends)
60 min	Connect with someone: Video chat with friends or family	Exercise: Walk/climb stairs/bike
60 min	Creative quiet time: Draw, listen to music, etc.	Baking project
60 min	Exercise: Walk/climb stairs/aerobics	Gaming/TV
60 min	Make or help with dinner	Make or help with dinner
60 min	Connect with family: Watch a show, discuss the daily schedule, etc.	Connect with family: Watch a show, discuss the daily schedule, etc.
TBD	Relax	Relax



Additional Resources

The list below contains a variety of online resources that are free and support learning at home. These sites provide a wide range of information and tools such as prioritizing learning, monitoring school work, and communicating with teachers. While some contain general guidance, others offer caregivers assistance with content areas such as mathematics, science, English language arts, and social studies.

[Achievethecore.org: Parent and Family Resources](#)

[CDC: Tips for Parents While School's Out](#)

[Great Minds: Parent Tip Sheets](#)

[Khan Academy: Parent and Mentor Guide](#)

[Khan Academy: Kids Parent Guide](#)

[Kidshealth: Helping Your Gradeschooler with Homework](#)

[National Council of Teachers of Mathematics: Helping your Math Students](#)



Additional Resources (cont.)

Nebraska Department of Education

[Nebraska Department of Education: e-Learning Days](#)

[Nebraska Department of Education: English Learner Programs](#)

[Nebraska Department of Education: Family and Community Engagement](#)

[Nebraska Department of Education: Fine Arts Education](#)

[Nebraska Department of Education: Mathematics Standards Suggested Parent Activities](#)

[Nebraska Department of Education: Read-at-Home Plan for Student Success](#)

[Nebraska Department of Education: Science Education](#)

[Nebraska Department of Education: Social Studies Education](#)

[Nebraska Department of Education: World Language Education](#)

[Nebraska Department of Education: Office of Special Education](#)



Additional Resources (cont.)

[NPR: Coronavirus Triple Duty: Working, Parenting, and Teaching From Home](#)

[NWEA: Parent Strategies for Improving Their Child's Math](#)

[PBS: Kids Daily Newsletter with Tips and Activities](#)

[PBS: The Role of Parents](#)

[Readwritethink: Make the Most of Reading Aloud](#)

[Read Aloud Nebraska: Resources for Families](#)

[Regional Education Laboratory \(REL\) Southeast: When You Read to Me](#)

[U.S. Department of Education: Helping Your Child With Homework](#)

[The Wellbeing Partners: COVID-19 Workplace & Community Resources](#)



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