

Week of: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	Language Arts	Language Arts	Language Arts	Language Arts	Language Arts
10:00 am	Math	Math	Math	Math	Math
11:00 am	Art	Art	Art	Art	Art
12:00 pm	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 pm	Chores	Chores	Chores	Chores	Chores
2:00 pm	Science/Social Studies	Science/Social Studies	Science/Social Studies	Science/Social Studies	Science/Social Studies
3:00 pm	Outdoor Play/Exercise	Outdoor Play/Exercise	Outdoor Play/Exercise	Outdoor Play/Exercise	Outdoor Play/Exercise
4:00 pm	Life Skills	Life Skills	Life Skills	Life Skills	Life Skills
5:00 pm	Reading	Reading	Reading	Reading	Reading

Academic Time

Tips for Parents:

DON'T try to do too much

- You will frustrate yourself and your child(ren)
- Don't overdo academic instruction
 - Elementary age – 2 hours/day
 - Middle age – 3 hours/day
 - High School – 4 hours/day

DO have fun

- Play games
- Learn something fun/useful (sew, knit, set the table, take out trash, new card game)
- Snuggle!
- Share with anyone who might find this useful

Important

- Edit schedule to suit you
- Post the Schedule – your kids can help you keep to it, and they will feel more stability
- This is temporary. We are crisis teaching, not actually homeschooling.
- Be calm. Your kids need you relaxed and present more than they need academics
- in the sample weekly plan, there is *only two hours of academic instruction* – Math & Science/Social Studies (Language Arts should be a creative time – write a story/comic, read, listen to audiobooks)
- See the below for some ideas of subject specific easy activities

Helpful Resources:

- See below for ideas
- Black and White Schedule below – if you don't have a colour printer, get your kids to colour it!
- Open School BC from the BC Government: <https://www.openschool.bc.ca/>
- Tips for learning at home from the BC Government: <https://www.openschool.bc.ca/keeplearning/>
- Info about COVID-19: Schools & Ongoing Learning from the BC Government: <https://www2.gov.bc.ca/gov/content/education-training/k-12/administration/program-management/safe-caring-and-orderly-schools>

Example Activities/Ideas:

Language Arts

- Read books/comics
- Listen to Audiobooks
- Write a create story
- Write a comic

Math

- Teach/review age appropriate concepts
- Decide on concept and show Youtube videos (i.e. <https://www.youtube.com/user/mathantics>)
- Print Math worksheets for practice (i.e. <https://www.math-salamanders.com/> or similar website)
- Math apps:
 - Math Limbo app
 - Sushi Monster app
 - Mental Math app

Art

- Drawing
- Painting
- Colouring
- Musical instrument
- Follow a YouTube video
 - Recommended: Lunch Doodles with Mo Willems

Lunch

- Learn how to cook something

Chores

- Learn how to:
 - cook
 - clean
 - fold laundry
 - etc.

Science/Social Studies

- Pick a theme you are passionate about a do a little each day
- Examples (& many more, you could add):
 - Science
 - Volcanos
 - Plants
 - Electricity
 - Social Studies
 - WW I/II
 - Pioneer life
 - Titanic
- After of few days of learning, watch a documentary/movie together on that theme

Outdoor Play/Exercise

- Creative outdoor play (Baseball, Basketball, Concrete chalk on driveway, Hopscotch, 4 square, Tag, Rollerblades, Water fight, Ride bikes/scooter)
- Try to get some exercise (P.E)
- If raining:
 - try a short kid's exercise video on YouTube
 - then free play inside (creative play is good for them and they need free time, even if not active)

Life Skills

- Social/Emotional learning
- Family conversations
- Board games

Reading

- Read a book/comic
- Listen to an Audio Book
 - Hoopla app (requires library card)
 - Libby app (requires library card)
 - Audible app is currently free!
- Reading app
 - Epic! (Digital Reading and "read to me") <https://www.getepic.com/>
- Listen to a dramatic reading
 - Adventures in Odyssey is currently free!

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