

A Lower School Daily Schedule Suggestion For Learning From Home!

As our Lower School parents navigate through the world of Distance Learning, here are suggestions for a daily schedule to keep little ones on track.

- Wake up at the usual time for a regular school day.
- Eat a healthy breakfast.
- Get in a little morning exercise time (a family walk, yoga, or exercise video) to get charged for the day! Check out this link for ideas!
http://www.youtube.com/watch?v=McD6_oOWs-M
- Add some quiet time into your day. You can spend time in prayer, working on memorizing Scripture or singing some worship songs!
- Allow for around three hours to work on Math, Writing and Reading. Break up the study time with lunch.
- Add some playtime in the afternoon and go outdoors if the weather permits.
- Use the afternoon time for Social Studies and Science time.
- Keep your usual school night bedtime.
- Keep washing those hands!