

## Tips for Engaging Your Children at Home

As our schools are closed, you might be wondering about how you might provide some structure and routines for your children. The suggestions below may help you get started as you plan for balanced days.

### Quick tips

**Manage your expectations.** Your kids will not be learning at the same pace or breadth as a usual school day. Use the suggested time guidance below to start. Ease into any new routines.

**Make time for breaks and fun.** All of us are anxious as we manage this new reality, so take any opportunity to relax and laugh together. It will make the hard stuff easier.

**Set a thoughtful schedule.** Get everyone on the same page. Routines can be comforting for everyone, but know that each child may need something a bit different.

**Read, Think, Write, Talk.** By adding these four things to your day, no matter how loose or structured, you will be enhancing your child's learning.

### Suggested Daily Structures

The options below are simple suggestions for ways to balance out your child's daily schedule. You might choose to go with something more structured or something looser. You know your child and what works best for you household, but here are a few places to start.

Sample Schedule For Younger Students	Sample Schedule for Older Students
<b>MORNING</b> Math, Reading or other learning: 15-30 minutes Physical Fitness: 30 minutes	<b>MORNING</b> Math, Reading, or other: 30 minutes Physical Fitness: 30-60 minutes
<b>MIDDAY</b> Connect with friends or family: 15 minutes Physical Fitness: 30 minutes	<b>MIDDAY</b> Connect (virtually!)with Friends and family: 30-60 minutes
<b>AFTERNOON</b> Creative Time: 15-30 minutes Chores: 15 minutes	<b>AFTERNOON</b> Creative Time: 30-90 minutes Chores: 15-30 minutes

### Suggested maximum time in focused learning

- Pre-K: 30 minutes
- Grades K-1: 45 minutes
- Grades 2-3: 60 minutes
- Grades 4-5: 90 minutes
- Grades 6-12: 30 minutes per subject (3 hours MAX)