

Suggested Preschool Home Learning Schedule

Wake up with Gratitude	Wake up, Make Bed, Brush Teeth, Get Dressed, Start the day by thinking about one thing you are excited about today, or one thing that you like about yourself
Morning Moments	Eat Breakfast and clean up after yourself, Do your morning work using the letter and number of the day, Listen to/Watch the letter and number of the day videos
Movement/Break	Get up and moving, maybe go outside or do some indoor exercises like the suggested videos, Have a dance party
Academic Time	Pick one or two of these things or do them all. <ul style="list-style-type: none"> ● Work on a home learning packet page ● dive deeper into the suggestions for letter and number of the day ● complete a day of lessons from Scholastic Learning ● Complete daily lessons from weekly home learning plan(to be posted starting next week)
Refuel/Recharge	Lunch, clean up then have some quiet time (reading, puzzles, nap)
Fine Motor or Writing Time	Writer's workshop time or Fine motor time (cutting practice, lacing or stringing activities, playdoh) or you can do both
Movement/Break	get up and moving, maybe go outside or do some indoor exercises like the suggested videos, Have a dance party!
Help at Home	Complete a task or 2 to help in your house. Ask mom or dad what you can do to help
Free Choice	Outside play, inside play, make sure you clean up after yourself
Family Time/Evening gratitude	Dinner, family time, talk about one thing you are grateful for that happened today

