

Sample Schedule for Virtual Learning

GET READY FOR SCHOOL	Wake up, get ready for the day & eat breakfast
MORNING CHECKPOINT	Set schedule & expectations for the day
MORNING MOVEMENT	Choose an active, screen/media-free activity (if weather permits, get outside!)
MORNING BLOCK OF WORK	Support the student in engaging in virtual learning classes/assignments
LUNCH CHECKPOINT	Eat lunch, discuss afternoon schedule & expectations, general check in (How are you doing? Do you have any questions?)
AFTERNOON BLOCK OF WORK	Support the student in engaging in virtual learning classes/assignments
AFTERNOON MOVEMENT	Choose an active, screen/media-free activity (if weather permits, get outside!)
SOCIAL CONNECTION	Allow student designated time to connect with family members or friends via social media, phone, etc.
FAMILY TIME & BEDTIME	Dinner, extracurricular activities, maintain typical evening routines to connect with each other