



Setting up for Success at Home: Using Ci3T Structures to Facilitate Positive, Productive Continuous Learning Opportunities during the COVID-19 Crisis

A Closer Look: Scheduling for Success

After creating routines for keeping your family members safe and healthy, another priority is to establish a schedule for the “new normal” at home. The schedule can help ease stress and anxiety for the whole family. During a time of uncertainty, well-balanced schedules create predictability and facilitate normalcy. A schedule also supports feelings of safety and structure by preplanning the major happenings of the day. These often include sleep, physical activity, nutrition, and academic activities. Below we have provided a few examples of schedules for your child based on age group.

To create your own schedule, consider and discuss with your family the following questions:

Overall Considerations
<ul style="list-style-type: none"> • What would you like to retain from your current routine? • What are the new routines you would like to put in place? • When creating a schedule, consider your needs as a parent, individual, and a professional. • When planning your child’s schedule, consider how you can plan time for yourself to work, relax, and spend time with your family.

What changes may be needed in the routines or schedule for...

Morning Considerations
<ul style="list-style-type: none"> • wake up time each day? • first thing after waking? • general hygiene expectations after waking? (e.g., brushing teeth, showering, taking clothes to laundry room or basket, cleaning technology or other surfaces) • breakfast preparation or cleaning guidelines? • eating breakfast? (e.g., what? where?) • morning chores? (e.g., keeping your space germ free, managing toys, games, materials to share with family members)
Daytime Considerations
<ul style="list-style-type: none"> • academic activities for the day? • length of academic activities? • when will your child take needed breaks? Will they be scheduled or as your child decides they are needed? • taking outside breaks? Tip: Use precorrection to remind your child about social distancing and good hygiene practices. • cleaning time before and after meals? • screen time and other technology time? Should this time be supervised, if so, consider the location for where this time will occur (shared family spaces, set parental controls on technology).



Evening Considerations

- cleaning time before and after dinner?
- how your child can participate in keeping your home ‘germ free’ or other housework during the evenings?
- how your child will spend their time during the evenings?
- family time?
- relaxing at home in the evenings?
- screen time and other technology time? Should this time be supervised, if so, consider the location for where this time will occur (shared family spaces, set parental controls on technology).
- bedtime routines including general hygiene expectations before bedtime? (e.g., brushing teeth, showering, tidying room, wiping down the bathroom faucets, light switches, and doorknobs)
- bedtime routine and bedtime “lights out”?

Once you consider and discuss the above areas and others relevant to your family, you are ready to create a schedule for the day. Below are two examples, one for elementary aged children and one for middle or high school aged youth. These are not recommended schedules, only examples for varied activities throughout the day. Then, you will find a table with links to additional resources on the topic of scheduling. On the last page, you will find a template document for you to create your own schedule.

Sample Elementary Schedule

Time	Activity
7:30 am	Wake up
7:30 – 8:00 am	Morning routine
8:00 – 8:30 am	Breakfast
8:30 – 11:00 am	Morning academic activities with physical activity at least every 30 min
11:00 – 11:30 pm	Socializing using remote technology
11:30 – 12:30 pm	Lunch
12:30 – 1:00 pm	Rest time – free choice activity
1:00 – 4:00 pm	Afternoon academic activities with physical activity at least every 30 min
4:00 – 6:00 pm	Outside or physical activity
6:00 -7:00 pm	Dinner
7:00 – 8:00 pm	Recreational and leisure time
8:00 -8:30 pm	Bedtime routine
8:30 pm	Bedtime



Sample Secondary Schedule

Time	Activity
8:00 am	Wake up
8:00 – 9:00 am	Morning routine
9:00 – 9:30 am	Breakfast
9:30 – 12:00 am	Morning academic activities with physical activity at least every 50 min
12:00 - 1:00 pm	Lunch
1:00 – 2:00 pm	Socializing using remote technology
2:00 – 4:00 pm	Afternoon academic activities with physical activity at least every 50 min
4:00 – 5:00 pm	Socializing using remote technology
5:00 – 6:00 pm	Outside/ Physical activity
6:00 -7:00 pm	Dinner
7:00 – 9:00 pm	Recreational and leisure time
9:00 -9:30 pm	Bedtime routine
9:30 pm	Bedtime

Resources: Scheduling for Success

[Activities for Students and Families Stuck at Home due to COVID-19 \(Coronavirus\)](#) In this blog post, Erin Higgins, PhD provides examples of learning experiences parents can create with their children that pare with everyday actions (e.g., sort laundry, math when cooking, etc.)

[Family Media Planning Tool](#) This tool helps families create a media time plan for students by child and age level.

[Planning Activities for At-Home](#) Confident Parents, Confident Kids gives ideas for planning activities at home for your child including guidance on screen time, sibling kindness, brain breaks, morning routines. They offer a Facebook page for interested parents.

[Scheduling and Routines for Preschoolers](#) This resource, Scheduling and Routines for Preschoolers, outlines considerations for parents of preschoolers as they adjust to their child being home. It includes tips for managing fears or worries and establishing healthy habits.

[Screen time and children: How to Guide your Child](#) This website provides guidance from Mayo Clinic on screen time.

[Teaching Resources for K-12 Families](#) Mary Lou Fulton Teachers College provides sample schedules and schedule templates for younger students and older students.

[To Grow up Healthy, Children Need to Sit Less and Play More](#) This resource offers guidance from the World Health Organization for physical activity and sleep by age (infants, toddlers, and preschoolers).

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