



May 20, 2020

Greetings Parents and Caregivers!

The excitement and newness of remote learning has likely worn off, and it may be growing more challenging to get your child to complete their assignments. It's never too late to establish a schedule, and in doing so, restore peace and harmony during remote school time.

Why Use a Schedule?

5 REASONS WHY SCHEDULES WILL MAKE YOUR LIFE EASIER

1. Helps to make the timeframe predictable and creates a cause and effect lesson.
2. Has been proven to help kids, especially those who struggle with organization, impulse control and attention staying on task.
3. The schedule, not the parent or other human entity, dictates what comes next. You can't argue with the paper. A schedule is a good way for parents to avoid "taking the blame."
4. For many learners, crossing off or checking off a completed task is a positive reinforcement.
5. Decreases verbal reminders, eliminates the need to maintain a memorized to do list, and reduces the sometimes aversive verbal input.

5 HELPFUL HINTS TO INCORPORATE AND KEEP TO A SCHEDULE

1. If you have never used a schedule or routine before, this may be a challenge at first. With this letter, you received schedules that include three tasks followed by a break. If this schedule does not seem to be working, it is okay to reduce the number of tasks to two or one before a break.
2. Keep using positive language. For example, little Billy says, "But I don't want to do math." Show him where he is on the schedule and when he is able to do a preferred activity.
3. Keep consistent. It will get easier. Redirect back to the schedule if and when your child gets off task.
4. Consider arranging the schedule to have highly preferred activities come AFTER non-preferred activities.
5. It may be helpful to have your child set up the schedule, but you may still need to defer to #4 above.

You can choose from several types of schedules which are included in this letter. For non-readers or really young children, a picture schedule is best. For older children or more independent learners, a weekly schedule can be used. For students who fall in between these two groups, there is also a simple 3-4 step schedule which could be useful.

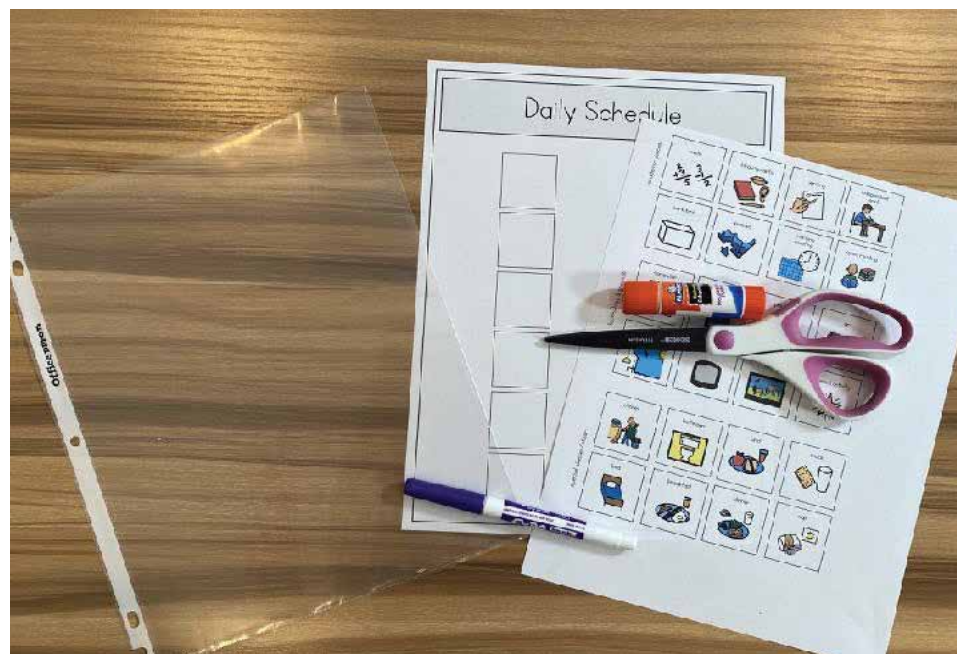
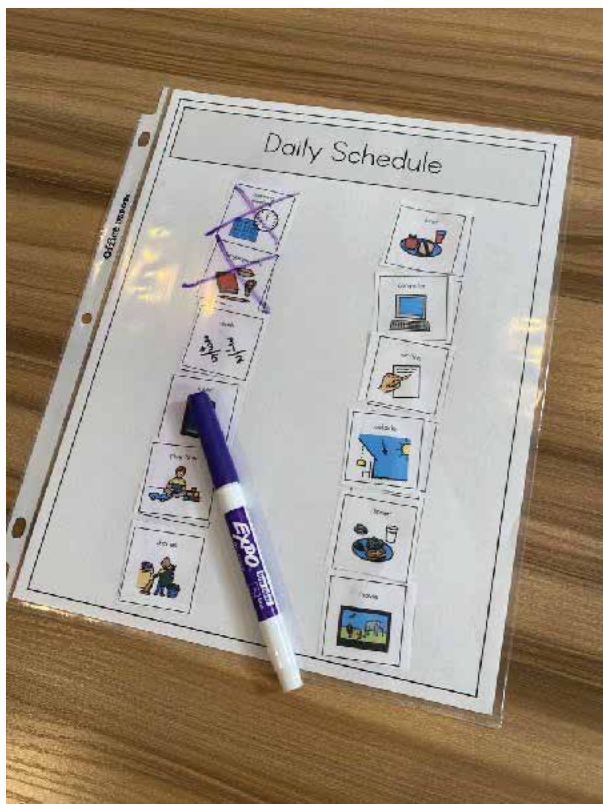
If you have any questions about the use of schedules, you can contact us!

Sample Picture Schedule

Directions for setup:



1. Print the real photo or Boardmaker images.
2. Cut out images and paste on daily schedule page using a glue stick.
3. Insert page into a page protector.
4. Student can cross off each schedule item with a dry eraser marker as each activity is completed.



Daily Schedule

Daily Schedule

academic pieces:

math



language arts



writing



independent work



work bins



puzzles



morning meeting



quiet reading

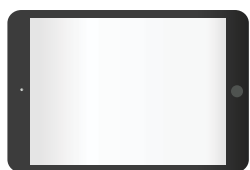


technology & specials:

computer



tablet



play time



art



playground



TV



movie



special activity



chores



bathroom



lunch



snack



bed



breakfast



dinner

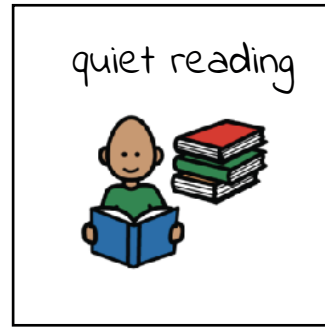
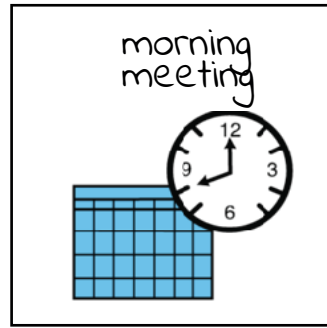
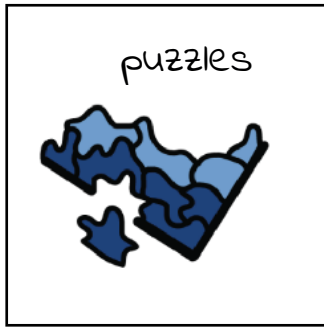
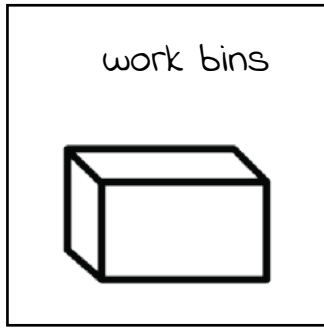
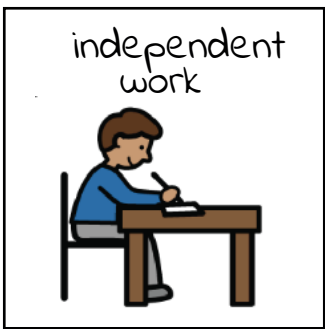
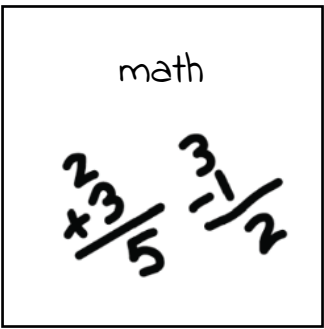


nap

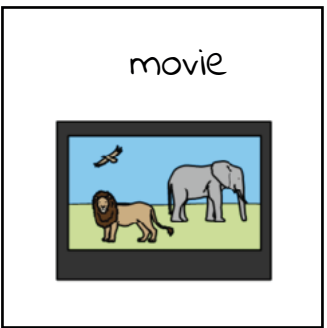
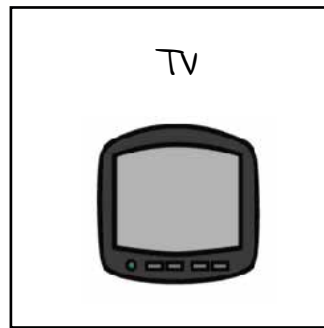
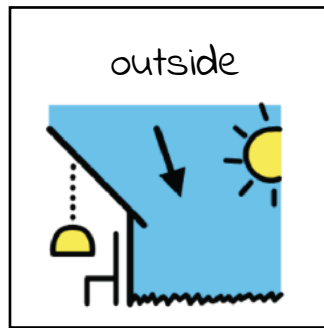
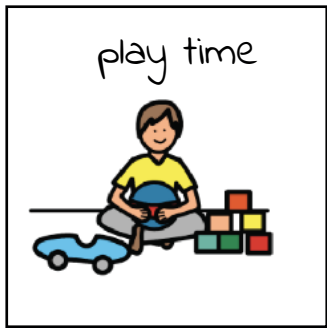
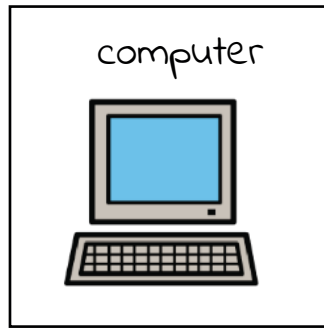


special classes/other:

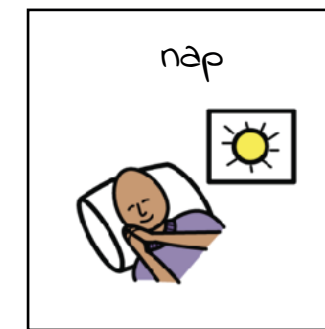
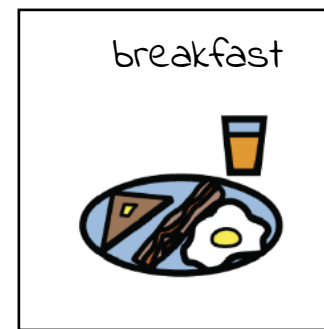
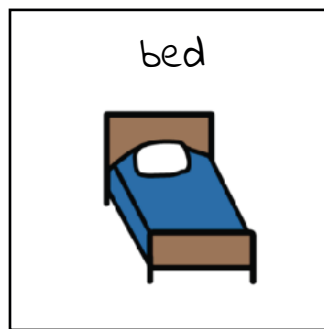
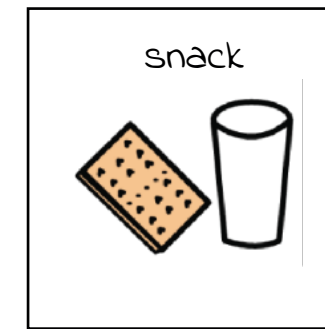
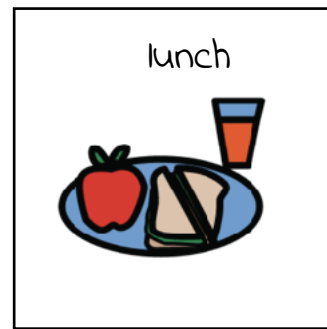
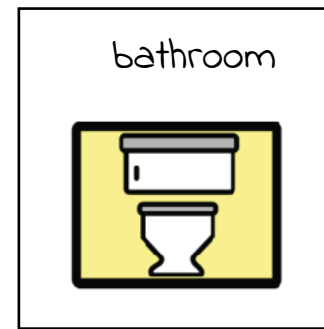
academic pieces:



technology & specials:



special classes/other:



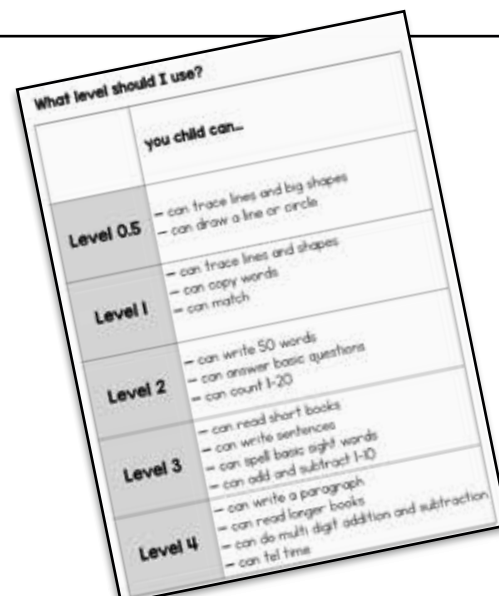
Sample Weekly Schedule

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
1	Get ready for your day! Eat breakfast Brush teeth Get dressed!	Get ready for your day! Eat breakfast Brush teeth Get dressed!	Get ready for your day! Eat breakfast Brush teeth Get dressed!	Get ready for your day! Eat breakfast Brush teeth Get dressed!	Get ready for your day! Eat breakfast Brush teeth Get dressed!
2	Math 20-40 min	Math 20-40 min	Math 20-40 min	Math 20-40 min	Math 20-40 min
3	<i>Breaktime!</i> 15-20 min	<i>Breaktime!</i> 15-20 min	<i>Breaktime!</i> 15-20 min	<i>Breaktime!</i> 15-20 min	<i>Breaktime!</i> 15-20 min
4	Language Arts 20-40 min	Language Arts 20-40 min	Language Arts 20-40 min	Language Arts 20-40 min	Language Arts 20-40 min
5	LUNCH 30 min	LUNCH 30 min	LUNCH 30 min	LUNCH 30 min	LUNCH 30 min
6	Outdoor or Exercise Time 20-30 min	Outdoor or Exercise Time 20-30 min	Outdoor or Exercise Time 20-30 min	Outdoor or Exercise Time 20-30 min	Outdoor or Exercise Time 20-30 min
7	Science 20-30 min	Social Studies 20-30 min	Science 20-30 min	Social Studies 20-30 min	Make-Up Time! 20-30 min

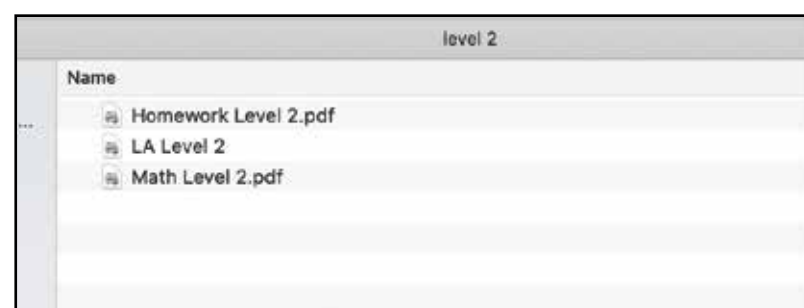
Sample Step Schedule

Emergency Home School Kit

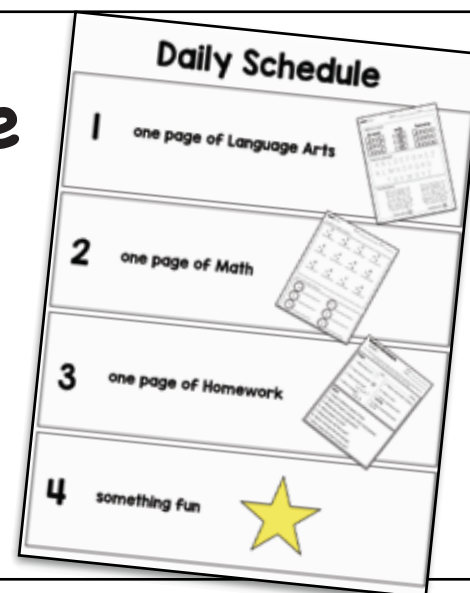
Decide your child's level
by reviewing the guide
on the next page.



Print: Language Arts, Math,
and Homework at that level.



Everyday, your child can complete
one page of language arts, one
page of math, and one page of
homework. Print

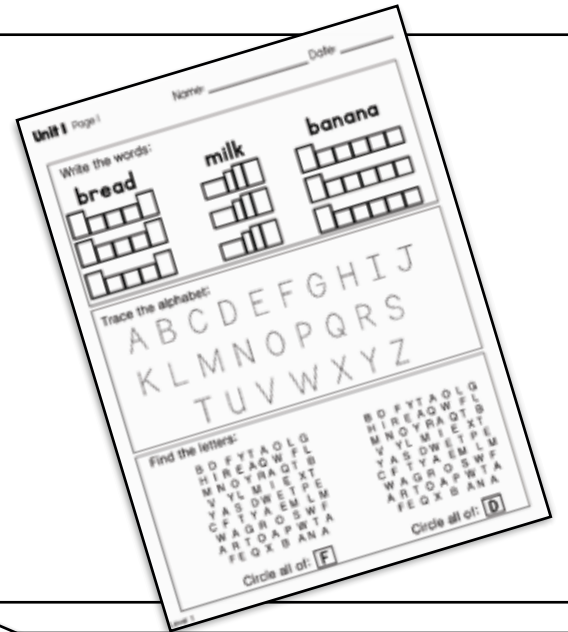


What level should I use?

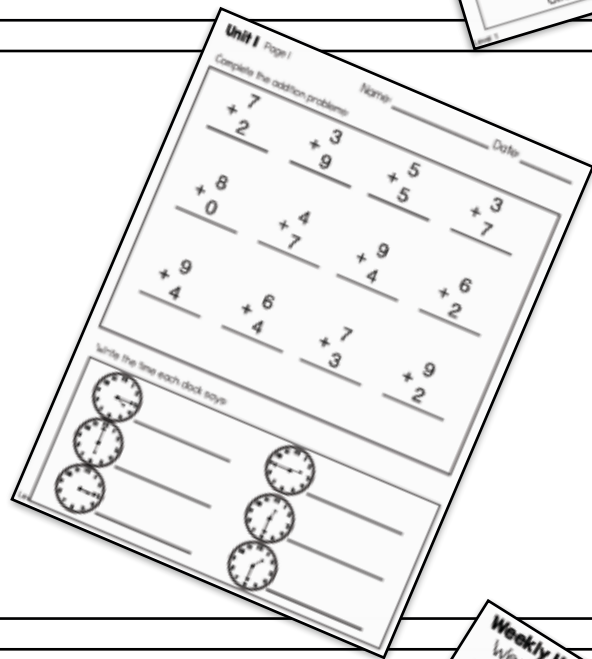
	your child can...
Level 0.5	<ul style="list-style-type: none">- can trace lines and big shapes- can draw a line or circle
Level 1	<ul style="list-style-type: none">- can trace lines and shapes- can copy words- can match
Level 2	<ul style="list-style-type: none">- can write 50 words- can answer basic questions- can count 1-20
Level 3	<ul style="list-style-type: none">- can read short books- can write sentences- can spell basic sight words- can add and subtract 1-10
Level 4	<ul style="list-style-type: none">- can write a paragraph- can read longer books- can do multi digit addition and subtraction- can tell time

Daily Schedule

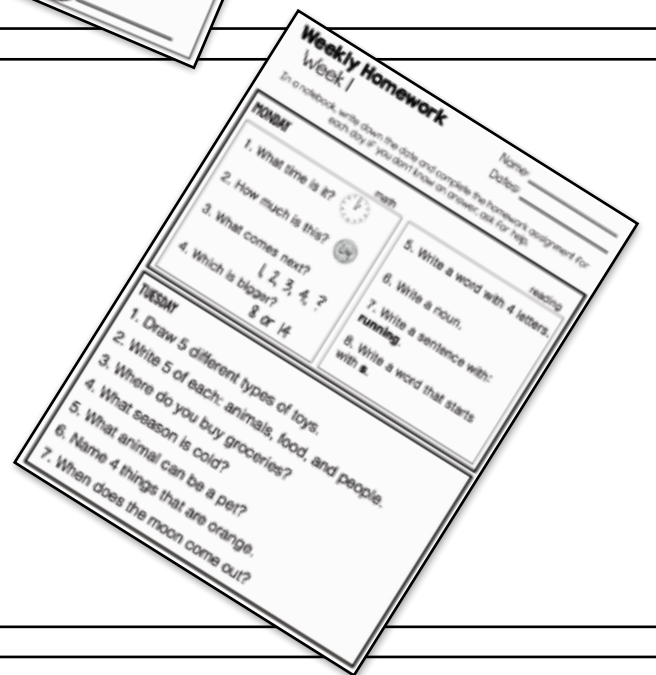
1 one page of Language Arts



2 one page of Math



3 one page of Homework



4 something fun

