

# Keeping Your Kids Engaged at Home

Brought to you by your  
SSIMS Counseling Department

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# Week 1

## COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

# Week 9

## COVID-19 DAILY SCHEDULE

**Before Screen Time:** At least feed the cats.

***PLEASE FIND SOMETHING TO DO IN ANOTHER ROOM AND JUST LET US WORK. HERE IS \$100. PLEASE!!!***

**REST OF DAY: SCREEN TIME**

## Set up Routines... Try to include each category

### SELF CARE TIME

Do something for you! Rest, meditate, read a book

### FAMILY TIME

Play a game, walk, read, watch a show

### DAILY TASK

Self-care: Shower, brush teeth, lots of fluids, healthy meals; daily **Home Chores**

### ACADEMIC TIME

Look at online assignments; complete 1 at a time; Try to complete 2 to 4 assignments per day

### CREATIVE TIME

Cooking, drawing, building, making a video, inventing something, writing a story

### SOCIAL TIME

Facetime or phone call with a friend

### PHYSICAL ACTIVITY TIME

Go outside, walk, stretch, practice yoga; move your Body!

## Tips and Final Thoughts

Set up expectations. Your children can work toward earning the fun things, such as video games, as long as they complete their work and home expectations

This is a time for your children to step up and take responsibility for their own learning

It's OK to make mistakes. Be kind to yourself and remember that this is difficult, but **YOU CAN DO THIS!**



Students are responsible for completing their assignments, or asking for help if they don't know what to do. This will give them a sense of accomplishment and pride as they realize, "I did this on my own, and I did a great job!"

Your children can learn to advocate for themselves. You may not be available to make sure your children are doing everything they need to do. This is their opportunity to shine!

## Sample Daily Routine

<b>7:30</b>	<b>Wake up, shower, dress, eat, clean your dishes</b>
<b>8:00</b>	Check online to see what assignments you need to complete today. Make a list. Email your teacher if you have any questions. If you are having trouble understanding how to access anything online, as a teacher or reach out to your counselor. Make a plan regarding which assignment you plan to do and in what order. This can change – it's just a plan.
<b>9:00</b>	<b>Morning break for Physical Activity Time</b>
<b>9:30</b>	<b>Academic Time</b>
<b>11:15</b>	<b>Take a movement break or call/text a friend to say hello</b>
<b>11:30</b>	<b>Academic Time</b>
<b>12:30</b>	<b>Lunch</b>
<b>1:00-4:15</b>	<b>Academic Time/School</b>
<b>4:30</b>	<b>Social Time/Physical Activity Time</b>
<b>5:30</b>	<b>Home Chores</b>
<b>6:00</b>	<b>Dinner and Family Time</b>
<b>7:30</b>	<b>Social Time</b>
<b>8:30</b>	<b>Self-Care Time</b>
<b>10:00</b>	<b>Bedtime - with expectations that students will be awake on time the next day</b>

# Sample Routine:

## Remember:

- Attach the reward to the set expectation
- Allow each individual student to complete tasks in their own time style
- Support your student in figuring out what is their daily lifestyle during quarantine

## *Learning at Home*

Wake up, make your bed, get dressed, and eat breakfast.

9:00 - 10:00

### PHYSICAL ACTIVITY

*Treadmill • Elliptical • Walking*

10:00-11:30

### ACADEMIC TIME

*Google Classroom (AMI Packet)  
Keeping up using our textbooks.*

11:30-12:00

### LUNCH

*Check in on social media with friends*

12:00-12:30

### CHORES

*Cleaning room • Dishwasher • Laundry*

12:30-1:30

### CREATIVE TIME

*Arts & Crafts • Cooking & Baking • Music*

1:30-3:00

### ACADEMIC TIME

*Google Classroom (AMI Packet) • Reading*