

First Grade

Sample Daily Schedule

Before 9:00 am	Wake up and Breakfast	Wake up for the day and eat some breakfast to prepare for the new day Do some simple stretching/yoga to get your body ready.
9:00 am - 10:00am	Outside Exploration	Go on a walk, look for things in nature or go to a park while maintaining social distancing
10:00am - 11:30am	Structured Learning	Work on academic tasks (see suggested activities calendar below that do not require technology or use printed work packets)
11:30am-12:00pm	Lunch	
12:00pm - 12:30pm	Downtime or quiet time	
12:30 pm - 1:30 pm	Structured Learning	Work on academic tasks (see suggested digital resources to practice skills or use printed work packets)
1:30pm - 2:30pm	Creative Learning and Thinking	Allow for time to create with materials using paper, crayons, playdoh or other materials. Work on puzzles, build with Legos, or design a new game.
2:30 - 3:00pm	Outside Exploration	Take time to get some fresh air - go for a walk, ride your bike or throw a ball while maintaining social distancing