



**Elyria City Schools Elementary**  
**Daily Routine Suggestion For Home Learning**

<b>Before 9:00 am</b>	<b>RISE AND SHINE, ECS STUDENTS!</b>	<input type="checkbox"/> Wake up & get dressed <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Clean up after breakfast & tidy up your space
<b>9:00-10:00 am</b>	<b>GET CREATIVE</b>	<input type="checkbox"/> Create, design, and/or make something awesome with materials around your house (art and craft supplies, LEGOs, magnetic tiles, cook or bake something delicious)
<b>10:00-11:00 am</b>	<b>BUILD THAT BRAINPOWER</b>	<input type="checkbox"/> Wash your hands :) <input type="checkbox"/> Do 2-3 learning activities from school <input type="checkbox"/> Read to learn or be read to
<b>11:00-12:00 pm</b>	<b>GET ACTIVE</b>	<input type="checkbox"/> Play outside, walk, run, ride bike <input type="checkbox"/> Stuck inside? Follow along with GoNoodle or PBS Kids in Motion dance or fitness videos, do indoor stretching exercise, have a dance party
<b>12:00-1:00 pm</b>	<b>ENJOY LUNCH &amp; HELP AROUND HOME</b>	<input type="checkbox"/> Wash your hands :) <input type="checkbox"/> Help get lunch ready <input type="checkbox"/> Eat lunch <input type="checkbox"/> Clean up after lunch & tidy up space (wipe down surfaces you've used--table, chairs, desk)
<b>1:00-2:00 pm</b>	<b>RELAX &amp; REST</b>	<input type="checkbox"/> Read for enjoyment or be read to <input type="checkbox"/> Do quiet activity or puzzle <input type="checkbox"/> Write letters to friends & family <input type="checkbox"/> Rest or nap
<b>2:00-4:00 pm</b>	<b>BUILD THAT BRAINPOWER</b>	<input type="checkbox"/> Do 2-3 learning activities from school <input type="checkbox"/> Read to learn or be read to <input type="checkbox"/> Play online educational apps and games <input type="checkbox"/> Watch educational videos or take a virtual field trip
<b>4:00-5:00 pm</b>	<b>GET ACTIVE</b>	<input type="checkbox"/> Same as above--play outside is best if possible!
<b>5:00 pm and after</b>	<b>ENJOY DINNER &amp; FAMILY TIME UNTIL BEDTIME</b>	<input type="checkbox"/> Wash your hands :) <input type="checkbox"/> Help get dinner ready & set the table <input type="checkbox"/> Eat dinner <input type="checkbox"/> Clean up after dinner & tidy up space <input type="checkbox"/> Play card or board games, have movie night, help around home <input type="checkbox"/> Take showers & head to bed