

FAMILY TIPSHEET: Sample Daily Learning Schedule

Please note: The information provided in this tipsheet is for reference only. It is not intended as a recommendation or endorsement of organizations, news sources, agencies or private businesses, or as a comprehensive resource list.

Based on when you are viewing this tipsheet, the information may not be the most up to date. Please refer to the date this tipsheet was last updated, at the end of the document.

This tipsheet is a resource for families to support them in creating their own learning schedule at home during the COVID-19 pandemic and school closure. Please note this is this a sample and there are many other versions available online. The timing and order of activities should be adapted to suit the specific needs of each child or family.

Example Daily Schedule

TIME	ACTIVITY	HELPFUL RESOURCES
Before 9:00am	Wake Up, Breakfast and Morning Chores	<ul style="list-style-type: none"> • Breakfast recipes (BBC Goodfood) • Create a chore chart (All Free Printable) • Age appropriate chores examples (Focus on the Family)
9:00 to 10:00am	Outdoor Time	Outdoor walk activities <ul style="list-style-type: none"> • Family bingo cards for neighbourhood walks (BlogTO) • Fun games to play on walks (Participaction)
10:00 to 11:00am	Academic Time	Education companies currently offering free subscriptions (Kids Activities Blog) Some Examples: <ul style="list-style-type: none"> • Activities broken down by grade level (Scholastic) • Daily Schedules and learning resources (Khan Academy) • Academic activities for Kindergarten to Grade 3 (Starfall Education) • Curriculum for kids ages 2-8. Redeem Code: SCHOOL2568 (ABC Mouse) • Math learning game for Grade 1-8 (Play Prodigy) • Reading for ages 3+ (Squiggle Park) • Language, Math, Science and Social Studies (Adventure Academy)
11:00am to 12:00pm	Creative Time	<ul style="list-style-type: none"> • Kids horticulturally Inspired activities for early Spring: activity ideas that involve nature (Plants in the City) • 30 Day Lego Play Challenge: (My Kids Time) • Fine motor activity list (the imagination tree) • Gross motor activity list (The Measured Mom) Art & Music Activities <ul style="list-style-type: none"> • Lunch Doodles with Mo Willems (The Kennedy Centre) • Family Entertainers with Live Streams (Team T&J)



		<ul style="list-style-type: none"> • Fluffy Slime Recipe (The Best Ideas for Kids)
12:00 to 12:30pm	Lunch	<ul style="list-style-type: none"> • Lunch recipes (Food Network)
12:30 to 1:30pm	Quiet Time	<ul style="list-style-type: none"> • Reading, nap, puzzles, etc. • Fun apps for children by age (Kids Activities)
1:30 to 2:30pm	Indoor Activity	<p>General Activities</p> <ul style="list-style-type: none"> • 10 ball games for kids - ideas for active play indoors (Frugal Fun for Boys and Girls) • 87 energy-busting indoor games & activities for children (What Moms Love) <p>Yoga & Movement</p> <ul style="list-style-type: none"> • 10 online exercise and yoga kids classes to make up for P.E. (Romper) Evolve 21: an app with cardio, yoga and meditation, with adaptive exercises to support a variety of abilities and disabilities (Cerebral Palsy Foundation) • GoNoodle: Good energy at home Used in schools by teachers and now available in your home with games, workout videos and songs to keep your children moving (GoNoodle) • Take a brain break With these 10 YouTube channels with movement-encouraging videos for children (Popsugar Family) <p>Virtual Activities</p> <ul style="list-style-type: none"> • Art Gallery of Ontario's Art Collection (AGO) • 12 Famous Museums That Offer Virtual Tours (Travel + Leisure) • Ripley's Aquariums At Home (Ripley's Aquariums) • 33 Virtual National Park Tours (Totally the Bomb) • 20 Virtual Field Trips You Can Take With Your Kids (Adventures in Familyhood) • 15 Broadway Plays & Musicals You Can Watch On Stage From Home (Playbill) • Virtual Rides at the Disney Parks Around the World (The Points Guy) • Canada's Wonderland Virtual Ride at Home (Canada's Wonderland)
2:30 to 4:00pm	Academic Time	<ul style="list-style-type: none"> • Educational phone apps (Good Housekeeping) • Activities and resources (National Geographic Kids) • Learn how to type for children (TypingClub)
4:00 to 5:00pm	Connect with Friends/Chores/Meal Preparation	<ul style="list-style-type: none"> • HB Alumni Network: use Holland Bloorview's new online networking platform to meet, connect with and share information with other clients and families • The Netflix Party Google Chrome Extension: sync a show or movie with a group of friends, and enables group chatting • Houseparty: a group video chat platform that allows for face-to-face communication with multiple people at a time • Chai Lifeline Canada: a list of resources, tips and daily schedules of events for families to participate in, created for the



		<p>community impacted by childhood illnesses</p> <ul style="list-style-type: none"> • Mindfulness Mondays with CAMH: free online mindfulness sessions for caregivers and loved ones in the developmental disability community, regardless of age or disability
5:00 to 6:00pm	Dinner	<ul style="list-style-type: none"> • Family friendly dinner options (Country Living) • Involve your children in dinner preparation (Pint-sized treasures)
6:00 to 8:00pm	Free Time/ Family Activity	<ul style="list-style-type: none"> • Family movie night in: 48-hour rentals for new release movies on-demand starting at \$19.99 per rental (E! News) • Best PS4 games for families (Daily Star) • Top family board games (Good Housekeeping) • Fun indoor games (Today's Parent)
After 8:00pm	Bedtime	<ul style="list-style-type: none"> • Wind down activities to help promote restful sleep (mindful)

Adapted from [Geneva County Elementary School COVID-19 Daily Schedule](#).

Google document of activities by a teacher to share with students and their families: [Home learning ideas](#)

There are also activities to do in the meantime that are about COVID-19 or Coronavirus. You can find these ideas in other [Holland Bloorview tipsheets](#).

This tipsheet belongs to a set of specialized resources for the COVID-19 and Coronavirus outbreak period. If you are looking for other family resources that have to do with childhood disability, please visit www.hollandbloorview.ca/resourcecentre.

Created by Melissa Ngo, Lorraine Thomas, Meghan Toswell and Beth Dangerfield at Holland Bloorview Kids Rehabilitation Hospital on March 26 2020. If you have a question or a resource to share, please feel free to reach out to us at resourcecentre@hollandbloorview.ca.

