**Daily Routine**

Like many parents, you may be wondering what learning looks like for your child(ren) at home. A change in their regular routine can make an impact on your child(ren). We suggest implementing a daily routine. We have provided you with a sample below. Stay safe and be well!

**Wake up time**: Have your child(ren) get up at the same time Monday through Friday

**Instruction Time:** Set a schedule of when they will do their school work. Be mindful to build in breaks.

**Physical Time**: Set a time when they will have physical activity (such as yoga, bike rides, nature walks etc.). Try to get outdoors.

**Meal Times**: Have set meal times for breakfast, lunch and dinner. Remember to stay hydrated and eat nutritional foods.

*\*The district will have 2 sites (Dr. Martin Luther King Jr. Middle School and Thurgood Marshall Elementary) available for “Grab and Go” breakfast, lunch and snack 10am-1pm for residents 18 years old and younger.*

**Free Time**: Set a time when they will have free time. Try to limit screen time (such as social medial