



Home Learning Daily Guide

Keeping a routine is essential for effective home learning. Please use this as a guide and remember, **learning at home is different to learning at school**. During the school day, there is a lot of downtime for students where they're socialising, playing and having some thinking time to let a lesson sink in. At home your child will need breaks to regain their focus i.e short water breaks, a run around the garden, or longer breaks to go to the park. Remember, your child will complete work more quickly during a homeschooling day, even with the scheduled breaks, so **please don't try to fill a traditional school day's worth of time with learning**.

Your teacher/s may also meet with you throughout the week via Zoom so don't forget to check your Google Calendar.

Before 9am	Wake Up	<ul style="list-style-type: none"> <input type="checkbox"/> Eat breakfast <input type="checkbox"/> Make your bed <input type="checkbox"/> Get dressed <input type="checkbox"/> Clean teeth etc
9:00am - 10:30am	Learning Time	<ul style="list-style-type: none"> <input type="checkbox"/> Complete activities set by your teacher Reading, Writing and Spelling
10:30am - 11:00am	Physical Activity	<ul style="list-style-type: none"> <input type="checkbox"/> Play outside <input type="checkbox"/> Go for a walk <input type="checkbox"/> Yoga/dancing (if raining)
11:00am - 11:30am	Morning Tea	<ul style="list-style-type: none"> <input type="checkbox"/> Healthy snack & drink <input type="checkbox"/> Outside time/fresh air
11:30am - 12:15pm	Learning Time	<ul style="list-style-type: none"> <input type="checkbox"/> Complete activities set by your teacher Mathematic or Religion
12:15pm - 1:00pm	Quiet Time	<ul style="list-style-type: none"> <input type="checkbox"/> Reading, journal/diary, puzzles, colouring-in
1:00pm - 1:45pm	Lunch Break	<ul style="list-style-type: none"> <input type="checkbox"/> Healthy lunch & drink <input type="checkbox"/> Outside time/fresh air
1:45pm - 2:30pm	Learning Time	<ul style="list-style-type: none"> <input type="checkbox"/> Complete other KLA activities set by your teacher <input type="checkbox"/> Review today's work <input type="checkbox"/> Read a book
2:30pm - 3:30pm	Creative Time	<ul style="list-style-type: none"> <input type="checkbox"/> Lego, drawing, craft, art, music or cooking
3:30pm - 5:30pm	Regular Afternoon Activities	<ul style="list-style-type: none"> <input type="checkbox"/> Board Game, play outside, go for a walk <input type="checkbox"/> Chores
5:30pm - 6:30pm	Dinner Time	<ul style="list-style-type: none"> <input type="checkbox"/> Help prepare the meal, set the table and clean up afterwards
6:30pm - 8:00pm	Get Ready for Bed	<ul style="list-style-type: none"> <input type="checkbox"/> Bath/shower <input type="checkbox"/> Read or watch TV <input type="checkbox"/> Clean Teeth
8:00pm	Bedtime	<ul style="list-style-type: none"> <input type="checkbox"/> Prayer <input type="checkbox"/> Sweet dreams

*****Wash your hands regularly throughout the day*****