Tips to Help Families Create a Daily Schedule

- Wake up, get dressed and have breakfast at your normal time.
- Decide where everyone can do their work most effectively and without distractions.
- List the times for learning, exercise and breaks. If you are working from home, include your hours as well.
- Schedule time for nutritious lunches and snacks.
- Don't forget afternoon breaks as well!
- Have dinner together as a family and discuss the day.
- Enjoy more family time in the evenings by playing, reading, watching a movie or exercising together.
- Stick with normal bedtime routines as much as possible during the week to make sure everyone gets enough sleep.

Please visit https://www.healthychildren.org/ for more information

Printable and Digital Resources

Flexible digital curriculum that can also be printed.
Please visit: https://gm.greatminds.org/en-us/knowledgeonthego

Daily projects and resources to keep children engaged
Please visit: https://classroommagazines.scholastic.com/support/learnathome.html

Information about creating structure and rules for children
https://www.cdc.gov/parents/essentials/structure/index.html

Online offerings from the Memphis Public Library

Printable at-home activity packs to provide students with self-directed exercises and practice
https://www.curriculumassociates.com/supporting-students-away-from-school

Family toolkit provides a number of resources that can be used to support at-home learning
https://www.tn.gov/content/dam/tn/education/health-&-safety/School%20Closure%20Toolkit%20Families%20(Published).pdf

For the most up-to-date COVID-19 information visit: https://www.cdc.gov/