

“Regular” Telecommute and Home Learning

	Extension Educator and Parent	First Grader	Notes
AM	wake up, shower, dressed, brush teeth, get breakfast ready		We will get up and get ready for the day but not have alarm set for student which is different than at-school days
8:30am	Computer on, check for any email updates about COVID-19 from university, college, Extension and area leader, review goals for the day and the week.	Finish getting ready for the day	
9:00	<p>In dining room: read, plan, answer emails – also keep student on track which means no super high-concentration tasks for work.</p> <p>For any scheduled Zoom and phone calls that happen between 9:00am – 1:30pm have a “back up” activity for favorite first grader to do (art project, STEM project, educational video, Chromebook activities, or pre-scheduled time to go to immediate family homes, etc.) Good luck!</p> <p>Reminder: use grace with self, child and others. This work schedule goes against what I’ve tried to put into practice with mindfulness. We are not more efficient when we multi-task but right now this is it!</p>	<p>Schoolwork (in order of school day, with many tweaks for learning at home in dining room)</p> <ul style="list-style-type: none"> • Morning work (read & draw) • Morning meeting - whole body listening (song from classroom) • Reader’s workshop (write sentences) • Math • (break for lunch) • Phonics • Specials (end of school day is either library, music or physical education) • Spelling & read 2 poems (usually this is evening homework but we’ll get it done as schoolwork) 	<p>Follow Mrs. D’s weekly instructions and emails. Pages to complete in weekly packet.</p> <p>Mix up the table time with:</p> <ul style="list-style-type: none"> • STEM (legos, projects and experiments) • Outdoor science (walk and search around neighborhood, gardening, bird watching out the window) • Physical Ed – outside or yoga mat for indoor tumbling • Music (add quick dance parties between school tasks) • Brain breaks <p>http://go.osu.edu/healthylearning</p>
11:45am	Make easy lunch, prep dinner, call to check in on family members like grandparents	Break, exercise inside (yoga mat & tumbling, stretches, etc.)	
12:00	Lunch		
12:30	Make plans for afternoon work	Wrap up schoolwork Daily 5 – choice round	
1:00	Short Break	Shift change = dad will be home soon	1:00 Mo Willems livestream doodle
1:30	Work in home office 1:30 – 5:00pm (this is the best time to be on calls and focused work tasks)	Can play outside. Wash hands as soon as coming in.	3:00 Cincinnati Zoo Home Safari http://cincinnati.org/home-safari-resources/
5:00	Finish work	Come inside if still outside	
	Family Dinner		
6/6:30	Chores – clean up dinner and sanitize high points of house		
7:00	Free time: games, read, tv, make a project, finish up anything that needs finished, practice spelling words, call someone on the phone		
8:30	Ready for bed		End the day by naming all we have to be grateful for!
9:00 - 11	Work on writing blogs, catch up. Then relax ...	Please sleep	