

Suggested Daily Family Routine

Morning



Getting Started	Wake Up, eat breakfast, get dressed, brush teeth.
Virtual Morning Connection (10-20 minutes)	What are your plans for the day? Talk together about things you each have to do. Try a checklist that your child can check throughout the day. You can even add meals and nap! Morning is a great time to talk about feelings, practice calming strategies and build your child's confidence. Participate in virtual lesson provided by your school. Time of day will vary depending on your school's schedule.
Snack (10 minutes)	Enjoy a healthy snack.
Free Play (60-90 minutes)	Set out activities your child can do independently, such as puzzles, blocks, or books. When you have time, join in the play!
Movement Break (10-15 minutes)	Help your child do their best with a 10-15 minute movement break. This can be a short walk inside or outside, bending and stretching, or games that include movement.
Independent Learning (20-30 minutes)	Have your child complete independent learning activity from the ECR @ Home packet.
Virtual Read Aloud (4-6 minutes)	Have your child participate in the virtual read aloud that your school provides. Time of day will vary depending on your school's schedule.
Virtual Small Group (5-10 minutes)	Encourage your child participate in the virtual small group or 1:1 lesson that your school provides. Time of day will vary depending on your school's schedule.

Afternoon



Lunch	Enjoy a healthy lunch.
Nap (90-120 minutes)	If your child doesn't nap, have them work with quiet materials like puzzles, books, etc. If you have access to technology, they can play educational games.
STEM (10-15 minutes)	Support your child in completing the STEM activity in the ECR @ Home packet. Encourage your child to participate in the Learning Lab video that your school provides.
Snack	Enjoy a healthy snack.
Literacy (15-20 minutes)	Read a book or do another literacy activity with your child using the ECR @ Home packet.
Noggin & Sparkler (20-30 minutes)	Encourage your child to complete some of the fun Noggin activities that align with ECR @ Home!

Evening



Family Learning (20-30 minutes)	Try out activities with your child that support math, reading, and writing. Use lessons provided by your school or the Every Child Ready @ Home program.
Dinner	Eat a healthy dinner. Talk as a family about something today that made you laugh, your favorite part of the day, or something that you learned.
Reading and Bedtime	Read a book using the ECR @ Home packet as a guide, brush teeth, and time for bed.