

# 's Schedule



12:00

Time	Activity
8:00-9:00am	Eat breakfast + Get ready
9:00-9:30am	Learn with Khan Academy Kids
9:30-10:00am	Outside
10:00-10:30am	Learn
10:30-11:00am	Snack
11:00-11:30am	Play
11:30-12:00pm	Learn
12:00-12:30pm	Lunch
12:30-2:00pm	Reading + Nap/Quiet time
2:00-2:30pm	Art
2:30-3:00pm	Snack
3:00-3:30pm	Fitness
3:30-4:00pm	Free time
4:00-5:00pm	Play
5:00-5:30pm	Dinner



# Parent Guide

This schedule is annotated for parents and caregivers who may be working at home and caring for children simultaneously. Adjust this schedule to fit your needs!

Time	Activity
8:00-9:00am	Get ready & eat breakfast
9:00-9:30am	<b>Play Khan Academy Kids</b> ( <i>Parent work time</i> ) This time can be used for parents to get ready for the day. Use the app's library to select an educational activity for your child. This would be a great time for your child to practice their math skills! Alternatively, you can tap the big play button to cue an adaptive learning path with a variety of activities.
9:30-10:00am	<b>Outside</b>
10:00-10:30am	<b>Guided learning</b> Guide your child through an academic activity. If your school district has provided learning resources for you to use at home, you can take those out and work through them at this time. You may also choose to use your own resources. We offer printable activities at <a href="https://khan.co/KhanKids-Printables">khan.co/KhanKids-Printables</a> .
10:30-11:00am	<b>Snack</b>
11:00-11:30am	<b>Independent inside play</b> ( <i>Parent work time</i> ) If you would like to offer more structure to your child's playtime, you can provide a few activity options during this time. For example, you can set out one bucket each of large legos, magnatiles, and plastic animal toys for safe play and minimal mess.
11:30-12:00pm	<b>Independent learning</b> ( <i>Parent work time</i> ) You can ask your child to spend this time writing and drawing independently. They can practice writing their name; copying letters, numbers, and shapes; and drawing pictures. If they are ready, they can practice sounding out words and use words to make a list, write family members' names, or make labels.
12:00-12:30pm	<b>Lunch</b>
12:30-1:00pm	<b>Guided reading</b> ( <i>Parent guided -or- parent work time</i> ) Read a book with your child before nap time as a way to wind down. You can ask your child to point out certain letters in the book, ask them some simple comprehension questions, or point out details in the illustrations.  If you would like your child to read independently, you can use the Library in the Khan Academy Kids app, where books include a "Read to Me" feature. Alternatively, FaceTime a family member and have them read with your child!
1:00-2:00pm	<b>Nap time or Quiet time</b> ( <i>Parent work time</i> ) Your child can spend this time reading independently, resting, or finding a quiet activity.

(continued on the next page)

# Parent Guide

Time	Activity
2:00-2:30pm	<b>Art</b> Use this time to get out those materials that may be a little messy! Paints, glue, glitter, recycled household objects - the result doesn't have to be perfect, the process just has to be fun! Save the last 5 minutes for cleanup time together.
2:30-3:00pm	<b>Snack</b>
3:00-3:30pm	<b>Fitness</b> Find a way to get your child moving! This could be done indoors or outdoors. Some activities include: jumping rope, hopscotch, jumping jacks, or dancing to your favorite songs!
3:30-4:00pm	<b>Free Time (Parent work time)</b> Children can dance with Go Noodle, learn about science with a Mystery Doug video, listen to a podcast, or follow a kids yoga video. Your child can also watch our daily Circle Time video, which we post at the following link: <a href="https://khan.co/KhanKids-YouTube">khan.co/KhanKids-YouTube</a> .
4:00-5:00pm	<b>Play (Parent work time)</b> If there are older siblings, they can play together while dinner is prepared. Part of this time could be used for your child to FaceTime a family member or schedule a virtual playdate with a friend.
5:00-5:30pm	<b>Dinner</b>
5:30-6:30pm	<b>Family time</b>
6:30-7:30pm	<b>Get ready for bed &amp; bedtime stories</b>