



**Calvary**  
LUTHERAN CHURCH + SCHOOL



## Building Your Child’s Daily Routines

Daily routines give students a sense of structure, order, and security, and it’s important that you begin to develop daily routines for your child’s online learning. Following are suggestions to get you started. Your child’s teacher will be able to assist you with more ideas specific to your child’s classroom and answer questions you may have about establishing daily routines.

### 1. Maintain a Regular Waketime and Bedtime for Your Child

See These Recommendations from Sleep.org:

3-5 Years of Age	10 – 13 Hours of Sleep	8:00 PM – 7:00 AM
6-13 Years of Age	9 – 11 Hours of Sleep	9:00 PM – 7:00 AM
13-17 Years of Age	8 – 10 House of Sleep	10:00 PM – 7:00 AM

### 2. Establish a Regular Morning Routine for Your Child

- Wake and Prayer
- Make Bed
- Get Dressed and Ready for Day
- Eat Breakfast
- Log onto Google Classroom - Online Learning Homeroom at 8:30 AM

### 3. Establishing Regular School Day Routines

- Have your child’s **school day begin at 8:30 AM**. Set a schedule that allows your child to complete an online lesson and any homework associated with the lesson. Then have your child take a 10-15-minute break away from the screen to move around and exercise. Your child can then move on to his or her next lesson for the day and any associated homework. Remember that your child will have a **scheduled Google Meet** with his or her classroom teacher(s) each morning, so be sure your child has joined his or her Google Meet session a few minutes before the scheduled start time:

○ Pre-Kindergarten	9:00 AM	Google Meet
○ Grades 7-8	9:00 AM	Google Meet
○ Kindergarten	9:30 AM	Google Meet
○ Grades 1-2	10:00 AM	Google Meet

- Grades 3-4                      10:30 AM              Google Meet
- Grades 5-6                      11:00 AM              Google Meet

- Set a consistent **mid-morning healthy snack time** for you child.
- Set a consistent **lunch time** each day of about 45 minutes, and take a few minutes to have a devotion, read the Bible, and/or pray with your child after lunch.
- Set a consistent time for afternoon classes, individualized work with apps, or homework to begin. Again, have your child take a 10-15-minute break after a work session. A work session may vary from 10 - 20 minutes for students in PreK-2 to 20 - 45 minutes for students in grades 3-8.

#### 4. **Monitoring Your Child’s Progress**

If you have a younger child, pre-kindergarten through grade 2, you will be likely be logging in to Google Classroom with your child and starting him or her on each daily lesson or activity. If your child is older, check in regularly to see that your child is on-task. See if your child has any questions or needs assistance. Your attention and prompts will help to keep your child on task. If your child struggles in staying on task, give him or her a specific time to complete a lesson or task. You might even use a timer to help your child remain focused.

#### 5. **Establish Regular Times for Exercise and Creative Play**

Use breaks between class sessions, after lunch, or at the end of the day to ensure that your child is getting time for at least 60 minutes of physical activity each day. You can use many free exercise apps or even just take some time to play with your child: go for a walk, ride a bike, do exercises, etc. For younger children, remember that creative playtime is also an important part of each day. Engage your child’s imagination in creative play activities.

#### 6. **Establish a Consistent End-of-School-Day Time**

You might consider maintaining the schedule your child is used to with the school day ending at 3:00 PM or 3:30 PM, and for younger students, your school day may end earlier. Take 5-10 minutes at the end of the school day to discuss your child’s lessons and work. Ask them what their lessons were about, if they have questions about their lessons, if they completed any assignments or tasks with their lessons, and what progress they are making on their individual learning apps. The end of the school day may then be followed by chores, free-time, creative play, or some physical activity.