

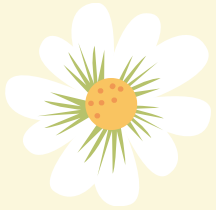
# HOME SCHOOLING DURING A PANDEMIC

FOCUS POINTS  
SCHEDULE TEMPLATES  
EXPECTATION TEMPLATES

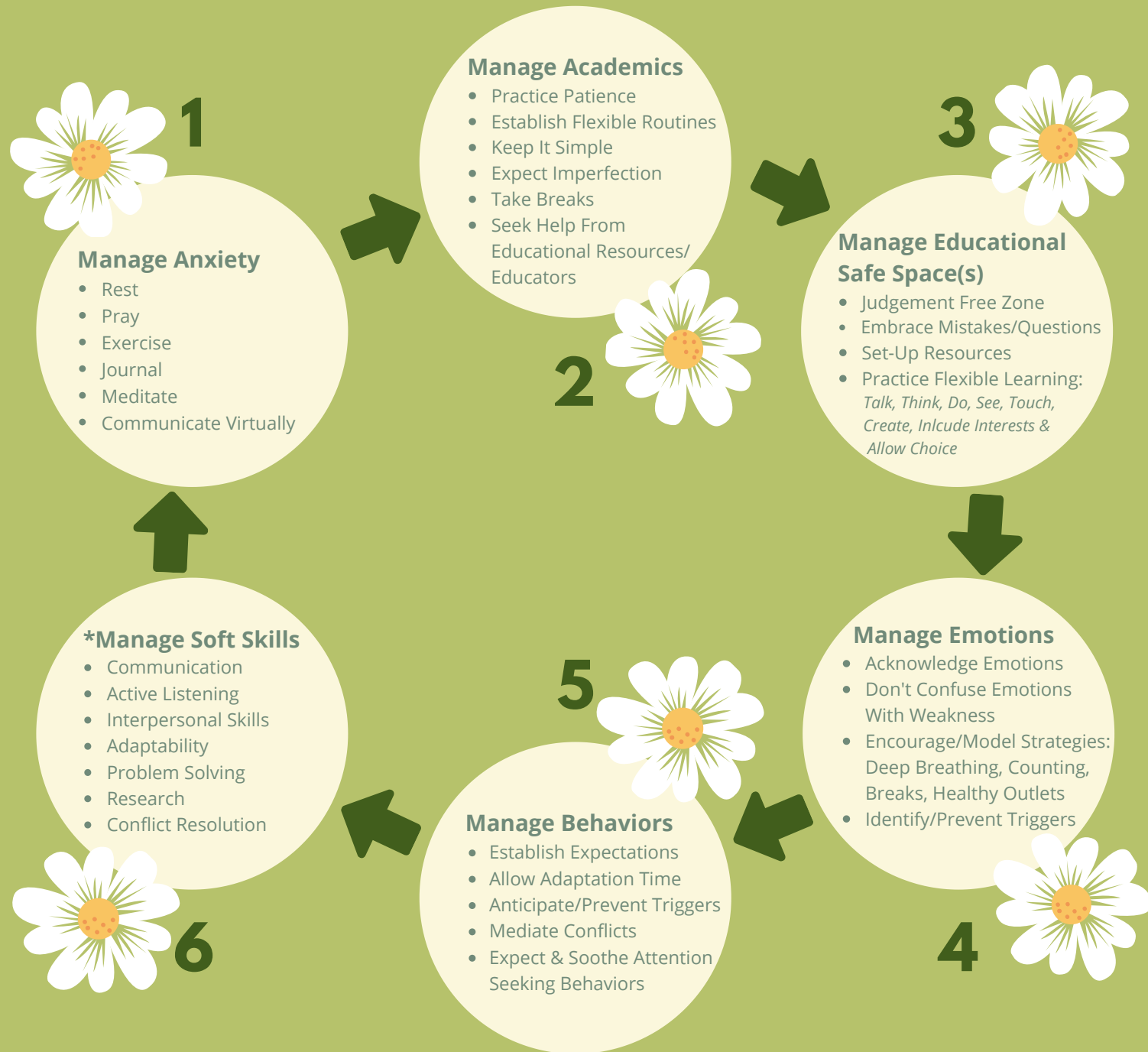
# FOCUS POINTS

# HOME SCHOOLING DURING A PANDEMIC FOCUS POINTS

This is temporary.  
I can do this.



Focus  
Adapt  
Adjust  
Breathe  
Believe  
Forgive  
Love  
Repeat



\*See Soft Skills Packet for more information.

# DETAILED BLANK SCHEDULE TEMPLATE

Name:

# MY HOME SCHOOL SCHEDULE

Top 3 Absolutes: Physical Activity, Academics, & Independent Choice

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

FLEXIBLE LOOSE LIST  
BLANK SCHEDULE TEMPLATE

NAME:

# MY HOME SCHOOL SCHEDULE

Top 3 Absolutes: Physical Activity, Academics, & Independent Choice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# SCHEDULE EXAMPLE 1



**Name:**

# MY HOME SCHOOL SCHEDULE

Top 3 Absolutes: Physical Activity, Academics, & Independent Choice

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast & Dress	Breakfast & Dress	Breakfast & Dress	Breakfast & Dress	Breakfast & Dress
	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
	Snack & Academics	Snack & Academics	Snack & Academics	Snack & Academics	Snack & Academics
	Lunch	Lunch	Lunch	Lunch	Lunch
	Academics	Academics	Academics	Academics	Academics
	Snack & Independent Choice	Snack & Independent Choice	Snack & Independent Choice	Snack & Independent Choice	Snack & Independent Choice
	Dinner, Chores, Independent Choice, Sleep	Dinner, Chores, Independent Choice, Sleep	Dinner, Chores, Independent Choice, Sleep	Dinner, Chores, Independent Choice, Sleep	Dinner, Chores, Independent Choice, Sleep

Note: Time column is left blank for you to complete based on the individual needs of your family and children.

## SCHEDULE EXAMPLE 2

Name:

# MY HOME SCHOOL SCHEDULE

Top 3 Absolutes: Physical Activity, Academics, & Independent Choice

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast & Dress	Breakfast & Dress	Breakfast & Dress	Breakfast & Dress	Breakfast & Dress
	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
	Snack & Academics	Snack & Academics	Snack & Academics	Snack & Academics	Snack & Academics
	Lunch	Lunch	Lunch	Lunch	Lunch
	Academics	Academics	Academics	Academics	Academics
	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
	Dinner, Chores, Independent Choice Sleep	Dinner, Chores, Independent Choice Sleep	Dinner, Chores, Independent Choice Sleep	Dinner, Chores, Independent Choice Sleep	Dinner, Chores, Independent Choice Sleep

Note: Time column is left blank for you to complete based on the individual needs of your family and children.

# HOME SCHOOL EXPECTATIONS BLANK TEMPLATE

# Home School Expectations (5-10)

# HOME SCHOOL EXPECTATIONS EXAMPLE TEMPLATE

## Home School Expectations (5-10)

- Practice kindness
- Practice soft skills
- Be respectful
- Complete assignments to the best of your ability.
- If you have a problem, ask for help.
- Straighthen up--all day every day

*Rememer it is ok to make mistakes.*

*But, once you learn from your mistakes, you must try to do better and be better the next time.*

## Final Tips To Remember

- Design schedules according to the needs of your household and your children. For example, schedules may be designed on a daily basis, weekly basis, or impromptu depending on how your family works best. Note: Schedule templates do not include times so that you could write in the times that work best for you and the age of your children.
- If you design a schedule that does not work, it is ok to create a new one based on what you learned from the first one.
- If at all possible, include your child or children when developing schedules and expectations.
- Remember that with any expectation that is added to your list, there must be a period of time where you review with your child or children exactly what each expectation means, positive examples, and ineffective examples. In addition, allow time for your children to process, practice, and develop their ability to meet the expectations.
- Know there will be days when your child or children will not meet all the expectations and schedules won't be followed perfectly. It is ok. This is normal. Adapt and adjust accordingly.
- If your children are participating in required online learning, be sure to reach out to teachers when problems arise. Seek help and guidance. Remember, most teachers are learning how to best navigate online learning during this time. Respectful feedback can help teachers to adapt and adjust accordingly.

Finally, remember that learning is a process. Our children will not master all skills, assignments, schedules, and expectations immediately. However, they will remember how we as parents made them feel during this time. So, let us practice the very kindness, patience, peace, and calm we expect our children to exhibit. When we fail, which we will at some point, allow grace, practice self-forgiveness, apologize if necessary, and then begin again. Wishing us all much peace and calm during this time

*--Dr. Lisa Pickett*