



Supporting students at home

DAILY SCHEDULE	
BEFORE 9:00am <input type="checkbox"/> EAT BREAKFAST <input type="checkbox"/> MAKE YOUR BED <input type="checkbox"/> GET DRESSED <input type="checkbox"/> PIS IN THE LAUNDRY	
9:00am - 10:00am PHYSICAL ACTIVITY <input type="checkbox"/> YOGA <input type="checkbox"/> WALK <input type="checkbox"/> BIKE RIDE <input type="checkbox"/> SCOOTERS <input type="checkbox"/> CATCH	
10:00am - 11:00am ACADEMIC TIME (NO ELECTRONICS) <input type="checkbox"/> ACTIVITY BOOKS <input type="checkbox"/> FLASH CARDS <input type="checkbox"/> JOURNAL <input type="checkbox"/> STUDY GUIDE	
11:00am - 12:00pm CREATIVE TIME <input type="checkbox"/> LEGOS <input type="checkbox"/> DRAWING <input type="checkbox"/> CRAFT <input type="checkbox"/> PAINTING <input type="checkbox"/> COOKING <input type="checkbox"/> EXPERIMENTS	
12:00pm LUNCH TIME	
12:30pm CHORE TIME WIPE DOWN AND CLEAN ALL <input type="checkbox"/> TABLES <input type="checkbox"/> CHAIRS <input type="checkbox"/> DOOR HANDLES <input type="checkbox"/> LIGHT SWITCHES <input type="checkbox"/> BATHROOMS	
1:00pm - 2:00pm QUIET TIME <input type="checkbox"/> READING <input type="checkbox"/> PUZZLES <input type="checkbox"/> COLOURING IN <input type="checkbox"/> NAP	
2:00pm - 4:00pm ACADEMIC TIME (WITH ELECTRONICS) <input type="checkbox"/> IPAD EDUCATIONAL GAMES <input type="checkbox"/> EDUCATIONAL SHOW <input type="checkbox"/> CRAFTS/CREATING	
4:00pm - 5:00pm AFTERNOON FRESH AIR <input type="checkbox"/> PLAY OUTSIDE <input type="checkbox"/> GO FOR A WALK <input type="checkbox"/> BIKE RIDE <input type="checkbox"/> PLAY BALL GAMES	
5:00pm - 6:00PM DINNER TIME	
6:00pm - 8:00PM FREE TV TIME	
8:00PM BEDTIME	

If you have chosen to keep your child at home and provide a home-based learning program, here are some resources to support you which are all free to access and provide engaging learning opportunities for your child.

Structuring the day:

Maintaining a structure to provide balance to each day will support you and your child. Here is an example of how you might wish to include physical activity, hands on learning and some quiet online learning time.

Online Free Resources:

An overwhelming amount of free online resources are available to you, which provide opportunities for children to engage with a mix of Reading, Writing, Maths, Science, Arts, History, Geography and much much more!

Here are some online resources which you may wish to look at:

- <https://www.studyladder.com.au>
Is an online learning platform which requires you to create a free account and then provides a wealth of resources for many subject areas, broken down into year levels.
- Virtual Excursions- https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGllkgE3iExmi3qh2KRRku_w/mobilebasic
- Visit museums. Google Arts and Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some of the options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum- <https://artsandculture.google.com/partner?hl=en>
- Explore the surface of Mars on the Curiosity Rover- <https://accessmars.withgoogle.com/>
- Geography with National Geographic- <https://kids.nationalgeographic.com/>
- Children's books read by famous- people <https://www.storylineonline.net/>
- Crafts and activities- <https://www.allkidsnetwork.com/>
- Illustrated recipes designed to help kids age 2-12 cook. Recipes encourage culinary skills, literacy, maths and science- <https://www.nomsterchef.com/nomster-recipe-library>
- Young Explorers is a magazine designed specifically for young children. <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- Movement and mindfulness videos created by child development experts- <https://www.gonoodle.com/>
- Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout- <https://app.sworkit.com/collections/kids-workouts>
- Mo Willems, the author of 'Don't let the Pigeon Stay up Late' is uploading daily drawing lessons- <https://youtu.be/MjaYnyCJDdU>
- Learn a language- <https://www.duolingo.com/>
- Cosmic Yoga and mindfulness for kids- <https://youtu.be/0ImHIWzP49M>
- Short videos and texts that answer various burning questions for children. There are vocabulary challenges and comprehension questions- <http://wonderopolis.org/>
- Learn to code- <https://www.codecademy.com/>
- Work on the 8 parts of speech- <https://www.grammaropolis.com/>
- Google Earth. All sorts of learning here- <https://www.google.com/earth/>
- Scratch teaches students all about coding- <https://scratch.mit.edu/>
- ABC- Educational resources- <https://education.abc.net.au/home#!/home>
- Boost writing confidence with Storybird- <http://storybird.com/>
- NRICH maths online <https://rich.maths.org/>
- Kahn Academy online resources <https://www.khanacademy.org/>