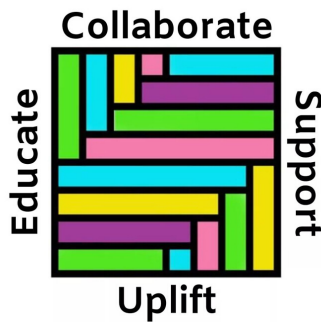


# Flexible Timetable for Home Study



by Christina Keeble

# **Flexible Timetable**

- Sleep in
- Practice making breakfast
- Morning activities:
  - Cooking or baking
    - Decide what to cook for dinner or snack
    - Research recipe based on ingredients you have
    - Read recipe & gather tools & ingredients
    - Measure, pour, mix, set time, etc.
- Morning tea & play
- Second session activities:
  - Creating time
    - Art, craft, sensory, building (Lego, blocks, real wood & nails), writing, Scratch online programming game ([scratch.mit.edu](https://scratch.mit.edu))
- Lunch & play session
- Afternoon activities:
  - Movement & outdoor activities
- Afternoon tea & play
- Final Session Activities:
  - Board games
    - If regular board games too challenging look into collaborative board games (I.e. Out Foxed or Race to the Treasure)
  - Shared time together - reading stories, creating story books, learn to draw videos (ie. [artforkidshub.com](https://artforkidshub.com))
- Tech & chill time
- Dinner & evening routine (as per normal)

## **Movement & Music**

- Youtube - Go Noodle
- Kids Yoga videos
- Put on favorite music and have a dance party
- Kids create dance routine to music and then teach it to the adults & video record, edit & create your own dance video

## **Outside (weather permitting)**

- Water garden
- Water pets
- Cloud watching
- Barefoot time on grass/ground/beach etc.
- Nature scavenger hunt
- Yoga barefoot on the grass/ground
- Create an animal house/habitat
- Paint the fence with water
- Draw on the fence or concrete with chalk
- Hopscotch
- Down ball/ hand ball
- Bubbles outside
- Leaf, bark, stone rubbings (piece of paper & pencil or crayon)
- Write down on a piece of paper directions/instructions to find something parent has hidden. Kids then take phone/camera & video while following directions to find the hidden treasure. Then they hide something for the parents & write the directions for them. Parents then take the camera and do the same. Review together (should be a good laugh!)

## **Longer Tech Project**

- Create a short stop motion film & host a movie night for the family
  - Write a short story
  - Turn it into a script
  - Use either Lego or play-dough or similar materials or combo to create characters & scenes for the story
  - Create a stop motion film following the script written
  - Edit the film
  - Create closed captioning to make it accessible for the hearing impaired
  - Add title screens and credits at the end
  - Make popcorn & drinks for the family
  - Watch the stop motion film as a family

## **Sensory Ideas**

- Make coloured rice or noodles & play or create art
- Tub of water with a small amount of dish soap & add coloured drops of water to it. Use straw to create bubbles & mix colours. When full of bubbles, gently put paper on top to capture the coloured bubbles
- Make jelly and hide objects in it. Do simple math with objects. If you hide real or pretend money, add up the money and have items for them to buy to practice money skills (don't eat jelly if using real money)
- Have kids design a sensory space in your house using materials and items you already have - can explain why, draw up plans first, put in a proposal first, then implement
- Shaving cream or sand in a tray and using finger practice drawing shapes or writing words or numbers

## **Other Ideas**

- Hold a gallery show and artwork sale
  - Create multiple works of art
  - Create a gallery space
  - Create invitations to the gallery, a newspaper article or flyer/advert for the gallery show
  - Hang & display each piece of artwork with a pricetag
  - Can use Skype, face-time or Facebook video call to others (relatives, friends etc) while the artist(s) explain and show their gallery collection
  - Parents/adults purchase the pieces of artwork
  - Children figure out how much change they get from the "money" the adults pay them with
  - At the end total up how much they earned
  - Can "purchase" something from parents with the money earned

The idea is to keep the day calm, relaxed and flexible. The focus of each session is 1 thing and not for a set amount of time. Work on keeping the child engaged for as long as they are. It is learning without feeling like learning. Cooking and baking is a great way to build in all academics plus life skills. Build in movement, music, art, creation and FUN! Combine some shared time and you have a lot of opportunities for learning. Do not feel tied to the schedule, if you only achieve 1 activity out of the whole day, but everyone is enjoying themselves, not stressed/anxious (due to what is going on in our world at the moment) and feeling connected then that is an awesome achievement! Look at the week as a whole. So, if you get only 1 activity from each session completed in a week, then you have covered a broad area of learning. We are looking for authentic learning, directed by the child and one that adds to harmony in the house. Good luck and if you have any questions, just ask!

# FLEXIBLE DAILY ROUTINE

## Morning Session

- Sleep in
- Eat breakfast
- Cooking/baking activity

*MORNING TEA & PLAY*

## Second Session

- Creating time
  - Art/craft
  - Building/programming

*LUNCH & PLAY*

## Afternoon Session

- Movement & outdoor activities (weather permitting)
  - Indoor movement activities
  - Sensory activities

*AFTERNOON TEA & PLAY*

## Final Session

- Shared time together
  - Board games, card games
  - Story time/ create story together

*DINNER & EVENING ROUTINE AS PER NORMAL*