

## Suggested Daily Instructional Schedule

For most children, it is best to work in 20-25 minute periods of time, rather than an uninterrupted period of 60-75 minutes. During "Brain Breaks," it can be helpful if the student gets up and moves or stretches briefly before returning to sit-down work. It is recommended that students get up and move at least every 30-40 minutes. These schedules are suggestions, and should be adapted to you and your child's needs.

Please ensure that your student has a quiet work space with as few distractions as can be. Students need a set place to work each school day with a flat surface and the ability to sit comfortably. By ensuring this, you will make a huge contribution to your student's ability to learn.

Sample/Suggested Schedule for Kindergarten/1st grades	
<b>Language Arts (Every school day)</b>	60-75 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> </ul>
Snack/Brain Break	20 minutes
<b>Math (Every school day)</b>	45-60 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 minutes)</li> </ul>
Lunch/Play Break	40 minutes
<b>Science (Every school day)</b>	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 minutes)</li> </ul>
Brain Break	10 minutes
<b>Social Studies (Every school day)</b>	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 minutes)</li> </ul>
Brain Break	20 minutes
<b>Electives (at least twice or three times a week)</b>	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 minutes)</li> </ul>

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Sample/Suggested Schedule for 1st/2nd grades	
<b>Language Arts</b> <b>(Every school day)</b>	60-75 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> </ul>
Snack/Brain Break	20 minutes
<b>Math</b> <b>(Every school day)</b>	45-60 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> </ul>
Lunch/Play Break	40 minutes
<b>Science</b> <b>(Every school day)</b>	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 minutes)</li> </ul>
Brain Break	10 minutes
<b>Social Studies</b> <b>(Every school day)</b>	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 minutes)</li> </ul>
Brain Break	15 minutes
<b>Electives</b> <b>(at least twice or three times a week)</b>	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 - 25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 - 20 minutes)</li> </ul>

## Suggested Daily Instructional Schedule

Sample/Suggested Schedule for 3rd/4th/5th grades	
<b>Language Arts</b> (Every school day)	60-75 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 - 25 minutes)</li> </ul>
Snack/Brain Break	15 minutes
<b>Math</b> (Every school day)	45-60 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 minutes)</li> </ul>
Lunch/Play Break	40 minutes
<b>Science</b> (Every school day)	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> </ul>
Brain Break	10 minutes
<b>Social Studies</b> (Every school day)	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (20 minutes)</li> </ul>
Brain Break	15 minutes
<b>Electives</b> (at least twice or three times a week)	30-45 minutes of lessons <ul style="list-style-type: none"> <li>● Lesson/Activity (20 - 25 minutes)</li> <li>● Brain Break (5 minutes)</li> <li>● Lesson/Activity (15 - 20 minutes)</li> </ul>