

Planning Your Day

What best describes you?

Neat Untidy Scheduled Unscheduled Laid Back Controlling
Stressed Relaxed Planned Spontaneous Assertive Unsure
Creative Follow the plan Homebody Out and About Flexible Rigid
Persevere Give Up Easily Variety Routine Distracted Focused

Benefits of a schedule

1. Building good work habits (WORK comes first)
2. Have a schedule that gives them boundaries and tasks to complete.
3. Get work done so that you can have free time and not have that hanging over your head all day.
4. You have an end in sight. You know it will eventually be completed.
5. You are in charge of the schedule, the schedule isn't in charge of you!

Approximate Times to Teach per day:

Preschool - 1 hour

Elementary - 3+ hours

7th grade - 12th grade 4-6 hours

SCHEDULE TIPS

1. Find your family rhythm.
2. Hardest subjects first. WORK FIRST. WAKE UP EARLY. WORK. Know what is next. OR THAT there is an end in sight.
3. STICK WITH THE EXPECTED WORK. Don't cram in more*
4. Likewise On hard days - don't decrease. Then the list loses meaning.
5. Start with subjects and build. Don't start with 10 daily subjects daily.
6. When they wake up. Early to rise. Get them started early/ overwhelmed
7. Use a timer for certain subjects. Set a timer for 30 minutes. When the timer goes off...they can switch subjects, take a short break, or set another goal.

8. Only give directives on things that you are willing to see through to the end.
9. Be prepared for food & drinks. Be generous...Taking care of them physically helps with them all around.
10. Give breaks, allow for them to change positions.
11. Rewards? Find a currency that works.
12. Plan things to look forward to! REAL LIFE. FIELD TRIPS. PROJECTS

Break Suggestions:

1. Snacks – read aloud MUFFIN MANIA
2. Errand or Chore (to break up the monotony)
3. A game together
4. Short time outside/ Run laps if they have too much energy
5. “LUNCH break” Either before or after lunch.
6. Jump rope
7. Head stand
8. Trampoline time
9. Sing a song
10. Go for a walk
11. Run the stairs
12. Art – coloring, drawing

Guiding principles in your schedule plans

- The order that you prefer (The Younger they are the more you need to be directing them. Don't give them the power to soon)
- If they can take directions well, then you can release some of the decision making. Give them a choice at times, but not a free ticket to be in charge of their day
- Which subjects are best done in a solid block of time. Consider block scheduling for those subjects.
- Include chores as a regular part of their day. Chore chart on can be found on www.nwbclight.com

Make your home a community. Allow time with you and each other. Be purposeful.

