

Preschool, Kindergarten, 1st grade and 2nd grade

| Time | Activity |
|---------------|--|
| 8am - 9am | Breakfast/Get ready (Yes. Change out of PJs) |
| 9am - 9:30am | <p data-bbox="561 590 1373 842">Khan Academy Kids (ideally doing it while sitting next to effort). Khan Academy kids starts at the basics of letters, numbers, and social emotional learning and goes through the first grade standards in math, reading, writing and social emotional learning.</p>  <p data-bbox="561 905 1382 1419">For students with stronger literacy and motor skills: Khan Academy Kindergarten, 1st grade and 2nd grade math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that we've seen teachers use to great effect is to have all students start on Kindergarten and then move to 1st grade, 2nd grade, etc. This helps ensure that older students are filling in any knowledge gaps that may have accumulated. It also helps build momentum and confidence.</p> <p data-bbox="561 1482 1341 1692">On Khan Academy, course challenges and unit tests can be used to accelerate through material. For students with minimal gaps, they should be able to get through a previous year's content in 1-3 hours.</p> |
| 9:30am - 10am | Play. Ideally outside if weather permits. |



10am - 10:30am

Reading time. Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own.



Suggested books (by reading level):

- There are 100+ books that students can read or have read to them on [Khan Academy Kids](#)
- [Khan Academy recommended reading list](#)
- The [ALSC summer reading list](#) is also a great resource.

10:30am - 11:20am

Break. Ideally run around and play outside. Have a snack.

11:20am - 12pm



Writing practice.

Write and illustrate a story about someone having a funny adventure when they stay home sick.

Draw a picture of what you think a virus looks like. Tell about the different parts and how you think they work.

12pm - 1pm

Lunch - Listen to an educational podcast! Try [Wow in the World!](#) If you like science, [Stories Podcast](#) or [Circle Round](#) to hear a story, or [Noodle Loaf](#) to learn about music!

1pm - 7pm

Relax, go outside, play, time with family.

7pm - 8pm

Lights out, time to sleep!



Bonus



If you're looking for more suggestions for music, dance, drawing, painting, reading and other activities, check out:

- [Khan Academy Kids Circle Time](#) on YouTube includes reading, dancing, singing, and more.
- [Wide Open School](#), a collection of resources curated and vetted by Common Sense Media.

