


# 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 1349 890"><a href="#">Khan Academy Kids</a> (ideally doing it while sitting next to a parent or older sibling giving them positive feedback for 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="561 957 1382 1472">For students with stronger literacy and motor skills: Khan Academy <a href="#">Kindergarten</a>, <a href="#">1st grade</a> and <a href="#">2nd grade</a> math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that <a href="#">we've seen teachers use to great effect</a> is to have all students start on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, 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 1541 1341 1738">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.

For more inspiration, check out our list of [K-2 writing prompts](#).

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:

- [Distance learning survival guide](#) for parents features expert advice for motivating and engaging your kids and setting up for a successful year of distance learning.
- [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.
- Print and decorate these [Khan Academy Kids Daily Schedules](#) with your kids.

