



Learning at
home

STRUCTURING LEARNING AT HOME

Learn to structure the home for learning

As schools went to remote learning, many parents purchased desks as a way to set up learning in their home. While establishing a quiet, academic space in the home is important, supporting learning at home is much more than furniture.

Watch the accompanying video for ideas about supporting learning at home by structuring a home environment where students focus on the tasks rather than just the time.

Set a daily schedule for learning

Consistent schedules are very helpful for children. A schedule for daily learning can be useful to keep them on track when they are working at home. The key components to include in any schedule are **MOVE, WORK, PLAY AND READ.**

MOVE

Movement is not only good to burn off energy, but also good for the brain. After we exert our bodies, our brain produces chemicals that sharpen our thinking and increase our ability to learn. Incorporating movement increases our capacity to learn.

WORK

Setting priorities and monitoring ourselves are two key executive functions that are critical to life success. Use the 3R method to help your children prioritize, chunk work into smaller tasks and learn to successfully manage their time.

PLAY

Children learn through play. During this series, we have offered many learning games you can use during this time. Unstructured play is also important for children, so don't feel like you have to over-structure play.

READ

The only way to become a proficient reader is to read often. Set aside time each day for your child to read. Mix up pleasure reading with reading to learn. Reading is both a skill and a hobby.



Making the Most of
Reading at Home

Learning at Home

THE 3Rs: RECOGNIZE, REDUCE, RANK

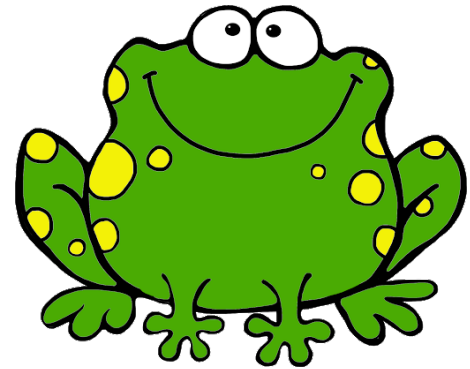
Learning to create a task list, manage our time, set priorities and monitor our progress are key executive functions we need to be successful in school and life. Instead of organizing the day like a school day by dividing into subjects, consider dividing the WORK for the day using the 3Rs.

Start by making a list of all the tasks or homework your children want to accomplish.

The list should have academic tasks as well as household chores or other personal tasks your children identify (ex. They want to draw a picture or build a model of their bedroom). Work doesn't just apply to academic work. They are also personal goals your children want to accomplish.

1. RECOGNIZE your FROG.

Mark Twain once said that if we wake up and eat a frog first thing in the morning, everything else we eat will taste good. Look at the list of assignments or tasks you and your children created and label the frog with a star. This is the assignment or task that they would normally avoid or that would normally cause the most anxiety. Do it during the first WORK block in your schedule, so they can get it out of the way and stop worrying about it.



2. REDUCE the list.

Some assignments or tasks are quick. Identify those with your children and put a check mark next to the assignments or tasks that won't take long to complete. Do them during the second WORK block in your daily schedule. This will help your children feel productive, because they will see the list of things to do getting smaller quickly.

3. RANK the rest of the assignments/tasks in the order your children want to complete them.

Look at the rest of the activities or tasks you identified with your children and rank them in order. Your children may decide to save the best for last or start out with the one they want to do the most. Complete these items in the final block of WORK for the day.

Using the 3R system will help your children learn to identify the various tasks they need to complete, create a personalized plan for getting the work done, and establish a system they can use to prioritize and chunk tasks. This system will help them build independence and confidence in their ability to be more independent and manage their time.



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Sample Daily Schedule for Grades K - 2

8:00-8:30	Morning routine: Make a list of the tasks to complete each day, such as getting dressed, brushing teeth, eating breakfast and making the bed.
8:30-8:45	Use the 3Rs to plan the activities for each section of the daily schedule.
8:45-9:30	WORK: Complete the FROG activity your children identified. These are the least exciting activities. You may complete homework or worksheets during this time or practice math or reading skills on the computer. Khan Academy, a free online resource, is a great way to find personalized lessons aligned to your children's progress. They recommend a goal of learning three skills per week.
9:30-9:55	PLAY: Provide unstructured play time for children to watch a video, play a video game of choice, build with Legos, draw or engage in other activities they enjoy. Whenever possible, try to play outside and incorporate movement into the play as well.
9:55-10:10	SNACK: Enjoy a snack. Consider having your children help you make the snack and incorporate math wherever possible. For example, ask your children to make peanut butter cracker sandwiches and count them. Help them see that three sandwiches require six crackers. This can help them learn to double numbers.
10:10-10:30	READ: Read aloud to your children or have them spend time with a book at their reading level. Consider the book list provided.
10:30-11:00	WORK: Use a writing prompt or have your children draw a picture that represents what they just read. Practice making letters and numbers. They can either trace over your writing or create the letters and numbers themselves.
11:00-11:15	WORK: Tackle the REDUCE items from your 3R list
11:15-12:00	LUNCH: When possible, eat lunch together. Use this time to talk with your children, teach them about table manners and include them in the preparations and clean up.
12:00-12:30	MOVE: Take a nature walk, go on a bike ride, dance together or follow an exercise video on YouTube.
12:30-12:45	QUIET TIME: Give your children some independent time to work on a puzzle, draw or color, or engage in an independent activity they enjoy.
12:45-1:15	WORK: Complete the RANK items from the 3R list.
1:15-1:30	SNACK: Share a small snack, such as apple slices or a handful of pretzels and discuss your progress. How is the 3R list going? Identify successful strategies your children have used to stay on task and finish the work.
1:30-2:30	PLAY: Do an art or science activity or watch an educational video. Position these as playtime, so your children will see this type of learning as fun.



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K-2 BOOK SUGGESTIONS

KINDERGARTEN SUGGESTIONS

Angelina Ice Skates by:
Katharine Holabird and Helen
Craig

The Story of Babar, the Little
Elephant by: Jean de Brunhoff

The Day the Crayons ... by: Drew
Daywalt

Bonjour Butterfly and the Fancy
Nancy series by: Jane O'Connor

If You Give... by: Laura Numeroff

Little Bear by: Else Homelund
Minarik

Charlie and Lola by: Lauren Child

Madeline by: Ludwig
Bemelmans

Max and Ruby series by:
Rosemary Wells

McDuff by: Rosemary Wells

Mitchell's License by Hallie
Durant

Olivia by: Ian Falconer

Pinky and Rex by: James Howe

The Poppy Stories by: Avi

Splat the Cat by: Rob Scotton
Owl Diaries: Eva's Treetop
Festival by: Rebecca Elliott

A Medieval Feast by: Aliko

A Picture Book of Harriet
Tubman by: David A. Adler

Fannie in the Kitchen by:
Deborah Hopkinson

Nothing but Trouble: The
Story of Althea Gibson by: Sue
Stauffacher

Mailing May by: Michael O.
Tunnel

The Gardener by: Sarah Stewart

Train to Somewhere by: Eve
Bunting

You Forgot Your Skirt, Amelia
Bloomer! By: Shana Corey

Frida by: Jonah Winter

Chameleon, Chameleon by: Joy
Cowley

A Handful of Dirt by: Raymond
Bial

Corn Is Maize: The Gift of the
Indians by: Aliko

My Bag and Me! By: Karen
Farmer

On Earth by: G. Brian Karas

Stars Beneath Your Bed: The
Surprising Story of Dust by: April
Pulley Sayre

The Curious Garden by: Peter
Brown

Stranger in the Woods: A
Photographic Fantasy by: Carl R.
Sams and Jean Stoick



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K-2 BOOK SUGGESTIONS

1ST GRADE SUGGESTIONS

Winnie-the-Pooh by: A.A. Milne

Tacky by: Helen Lester

Pinkalicious by: Victoria and
Elizabeth Kann

The Magic Treehouse by Mary
Pope Osborne

Frog and Toad Together by:
Arnold Lobel

Frances series by: Russell Hoban

Amelia Bedelia by: Peggy Parish

The Princess in Black series by:
Sharron Hale and Dean Hale

Binky the Space Cat by: Ashley
Spires

The Berenstain Bears series by:
Stan and Jan Berenstain

Betsy Ross by: Becky White

All the Way to America: The
Story of a Big Italian Family and
a Little Shovel by: Dan Yaccarino

My Dream of Martin Luther
King by: Faith Ringgold

A Boy Called Dickens by:
Deborah Hoskinson

The First Thanksgiving by: Linda
Hayward

The Great Migration: Journey to
the North by: Eloise Greenfield

I Have Heard of a Land by: Joyce
Carol Thomas

The Polar Bears' Home: A Story
About Global Warming by: Lara
Bergen

Water Boy by: David McPhail

Song of the Teeny-Tiny
Mosquito by: Alma Flor Ada

Carolina's Story: Sea Turtles Get
Sick Too! By: Donna Rathmell

Reptiles by: Simon Holland

The Beetle Alphabet Book by:
Jerry Pallotta

The Icky Bug Counting Book by:
Jerry Palotta

Why? The Best Ever Question
and Answer Book About Nature,
Science and the World Around
You by: Catherine Ripley

The Nature Treasury: A First
Look at the Natural World by:
Lizann Flatt



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2ND GRADE SUGGESTIONS

The Worst Witch by: Jill Murphy

The Zack Files by: Dan Greenburg

Drooling and Dangerous: The Riot
Brothers Return by: Mary Amato

Ready Freddy: Don't Sit on My Lunch by:
Abby Klein

Nate the Great by: Marjorie Weiman
Sharmat

Ada Twist, Scientist by: Andrea Beaty

The Magic School Bus by Joanna Cole

Cam Jansen and the Mystery of the Babe
Ruth Baseball by: David Adler

Keena Ford by Melissa Thomson
The Magic Treehouse by: Mary Pope
Osborne

Junie B. Jones by: Barbara Park

Ivy & Bean series by: Annie Barrows

Henry and Mudge series by: Cynthia
Rylant

The Boxcar Children series by: Gertrude
Chandler Warner

Starring Jules series by: Beth Ain

Lola Levine is Not Mean! By: Monica
Brown

The World According to Humphrey series
by: Betty G. Birney

The Bad Guys by: Aaron Blabey

Who Was Helen Keller? by:Gare
Thompson

Tut's Mummy: Lost...and Found by Judy
Donnelly

Amelia to Zora: Twenty-six Women Who
Changed the World by: Cynthia Chin-Lee

Titanic by: Victoria Sherrow

Spacebusters: The Race To The Moon by:
Philip Wilkinson

The Revolutionary War: An Interactive
History Adventure by: Elizabeth Raum

Egypt by: Stephen Krensky
Freedom School, Yes! By: Amy Littlestugar

Dakota Dugout by: Ann Turner

Christopher Columbus by: Stephen
Krensky

Allen Jan and The Underground Railroad
by: Marlene Targ Brill

Adventures in the Middle Ages by: Lina
Bailey

3rd Grade History: The Egyptian
Civilization by: Baby Professor

Nurse, Soldier, Spy: The Story of Sarah
Edmonds, a Civil War Hero by: Marrisra
Moss

Moonwalk: The First Trip to the Moon by:
Judy Donnelly

Marie Curie: Brave Scientist by: Keith
Brandt and Karen Milone

I Am Rosa Parks by: Rosa Parks and Jim
Haskins

Handel, Who Knew What He Liked by:
M.T. Anderson

Ben and the Emancipation Proclamation
by: Pat Sherman

Great Women Athletes by: Darice Bailer

Secret Soldier by: Ann McGovern

Sequoyah by: James Rumford

The Wall by: Eve Bunting

Compost, by Gosh! An Adventure With
Vermicomposting by: Michelle Eva
Portman

Emperor Penguins by: Roberta Edwards

Encyclopedia Prehistorica: Dinosaurs by:
Matthew Reinhart and Robert Sabuda

Michael Recycle by Ellie Bethel

The Nature Treasury: A First Look at the
Natural World by: Lizann Flatt

Why Do Leaves Change Color? by: Betsy
Maestro

Why? The Best Ever Question and Answer
Book About Nature, Science and the
World Around You by: Catherine Ripley

Sneakers, the Seaside Cat by: Margaret
Wise Brown

Could You? Would You? By: Trudy White

Building with Dad by: Carol Nevius

Velma Gratch & the Way Cool Butterfly by:
Alan Madison

Space Station Mars by: Daniel San Souci

Look What Tails Can Do by: Dorothy Souza
Water Hole by: Zahavit Shalev