Having a daily routine and schedule will help your children stay engaged. Each content area below includes 30-60 minutes of daily learning experiences for kindergarten through 6th grade students.

### Math
- Use dice to create a game
- Practice math activities through prodigy
- Use a deck of playing cards for math challenges
- Play a game that involves mental math & counting
- Estimate the cost of the ingredients for your favorite meal
- Make a math problem for others to solve
- Play Yahtzee
- Do a Sudoku puzzle
- Make a recipe; cut it in half or double it
- Pick a number; write formulas in many different ways to get to that number
- Practice math facts

### Science
- Make edible science projects (phases of the moon, s’mores oven, DNA candy model, etc.)
- Have a paper airplane flying contest
- Build a Rube Goldberg machine
- Go on a nature scavenger hunt
- Watch an episode of Crash Course in Earth Science
- Create a building challenge using Legos or recyclables
- Listen to an episode of WOW in the World
- Explore Mystery Science
- Visit Mystery Doug for videos to get your children asking questions!

### Language Arts & Writing
- Read for 30 minutes; tell someone else about your book
- Write in a journal each day; write about what you see or what you know lots about
- Create a found poem using an old magazine or newspaper
- Write an opinion paper on something you read about or watched today
- Create a postcard and write a note to mail to a friend or relative
- Practice iReady reading
- Play 20 questions
- Make a black-out poem
- Listen to an episode of What If World and then write your own version
- Visit Storyline Online or Storyworks

### History & Social Studies
- Watch an episode of Crash Course in World History
- Watch a news show (Scholastic News)
- Make a time capsule to tell future generations about 2020
- Listen to an episode of The Past & the Curious
- Plan an adventure using a map
- Check out National Geographic Kids
- Take an adventure with Carmen SanDiego
- Create a story about a historic event, but change the ending
- Engage with newsela

### Service
- Cook a meal
- Help with laundry
- Wash the dishes
- Walk your pet
- Rake leaves
- Clean a room
- Plan a meal
- Wash the car
- Wash the dog
Physical Education
- Have a dance party in your house
- Play kickball, baseball, basketball or H-O-R-S-E
- Play indoor hide-and-seek
- Teach yourself to juggle
- Create a gymnastics routine
- Try some yoga
- Jump rope or run or walk
- Challenge someone to push-ups, squats, jumping jacks, wall-sits, jog-in-place, v-sits
- Make up a game to teach others when you return to school
- Use a fidget spinner to make a spinner board game challenge with all kinds of physical activities

Music & Art
- Write your own song and perform it
- Create a percussion band out of found items
- Begin your own art museum with creative pictures you create
- Play name that tune
- Write and perform a musical

Social-Emotional Care
- Write a letter to a friend (physical or email)
- Go for a walk with a trusted adult
- Engage in daily yoga/ reflection time
- Call or FaceTime a friend
- Play a board game with a parent or sibling
- Write about your experiences at home to share with your teacher back at school
- Create your own “Calm Down Corner” at home; use it when you feel in red or yellow
- Limit screen time/electronics time. Read a book instead; tell someone about the book you read and what you liked/disliked
- Do something kind for someone else

Fun
- Build a fort or camp in the living room
- Play a board game
- Bake something yummy
- Watch a movie
- Do a puzzle
- Learn sign language
- Plant a garden
- Have a picnic
- Make a sidewalk chalk maze
- Make your own popsicles
- Make an indoor obstacle course
- Learn a string game (like Cats in the Cradle)
- Play Would You Rather (and explain your choices)
- Do a crossword puzzle
- Write and perform a play

There’s more to come...
Stay tuned for periodic updates with new ideas!

General Resources
- Scholastic (K-6+ all subjects)
- Virtual Field Trips
- Local Grab-and-Go Meals
- Free Educational Media
- Smithsonian Museums
- Outschool—Live Online Classes
- Talking to your child about COVID_19