

Schedule for Home Learning

As we prepare to learn from home over the next few weeks, we ask that you try to maintain a sense of normalcy by providing your child with as much structure as possible. Below is an example schedule of how you may structure your child's day. You certainly do not need to do all these activities—they are merely suggestions on mimicking aspects of the clinic day. Please select activities that are motivating to your child while also incorporating time to work on needed skills. Please also remember to take your child to the bathroom on their individual potty schedule and wash hands throughout the day. If you have any questions or concerns about these activities, please let us know!

Before 9:00 AM	Wake up	Go to the potty, handwashing, dressing, tooth brushing
9:00 AM	Breakfast	Practice using spoon, fork, and drinking from an open cup, hand washing.
9:30 AM	Physical Activity	Go for a walk, do yoga, jump, riding toys.
9:45 AM	Vocal and/or PECS Manding	Requesting for preferred items (crafts, physical play, whatever your child is motivated to ASK for).
10:00 AM	Academic Time	Matching, receptive identification (show me), expressive identification (tell me), sorting, block design.
10:30 AM	Music Time	Work on motor imitation, dancing, singing along to preferred songs (Youtube).
10:45 AM	Fine Motor Skills	Tracing on white board/paper/apps, Play-Doh, hand-writing, coloring, cutting, gluing, threading/unthreading beads, lacing, buttons, snaps, zippers.
11:00 AM	Play Skills	Imaginative play, cause/effect toys (shape sorter, spin-n-say), car-track, board games.
11:30 AM	Lunch	Practice using spoon, fork, and drinking from an open cup, hand washing.
12:00 PM	Vocal and/or PECS Manding	Requesting for preferred items (crafts, physical play, whatever your child is motivated to ASK for).
12:30 PM	Open Ended Activities	Alone play/leisure skills (any activity your child can do independently- play skills, coloring, blocks, painting, etc.)
1:00 PM	Story Time	Books that interest your child, "Show me the caterpillar." "What did the caterpillar eat?" Practice sitting criss-cross, listening, and watching the story.
1:15 PM	Physical Activity	Go for a walk, do yoga, jump, riding toys.
1:45 PM	Snack Time	Practice using spoon, fork, and drinking from an open cup, hand washing.
2:00 PM	Academic Time	Older friends: letters, numbers, animals, counting, sequencing. Younger friends: colors, shapes, sorting.
2:30 PM	Close Ended Activity	Puzzles, crafts, reading (anything with a definitive end).
2:45 PM	Gross Motor Play	Soccer, basketball, jumping, bowling, throwing/catching a ball.
3:00 PM	Vocal and/or PECS Manding	Requesting for preferred items (crafts, physical play, whatever your child is motivated to ASK for).