

# GUIDING PRINCIPLE 3

## ENHANCING STUDENT AUTONOMY AND RESPONSIBILITY



**Strategy:** Home Learning Schedule

**Audience:** Kindergarten to Grade 8

### What:

- Top 5 Tips for Making an at Home Learning Schedule:
  1. Set a routine: predictability will help the student thrive
  2. Parents know their child best: follow the student's interests and abilities
  3. Build in breaks, lunch, and recess
  4. Be realistic: don't try to do too much and be okay with straying from the routine if needed
  5. Make it fun: this will increase engagement

### How:

Things to consider:

- academic work
  - synchronous and asynchronous
  - independent, teacher supported, parent supported
- movement breaks
- leisure (recess breaks, choice time)
- stress relievers (sensory tools)
- life skills (chores, cooking, etc.)
- nutrition breaks
- beginning and ending times for the day
- post schedule where visible to student

### Materials:

- N/A

### Example:



### Inclusive Practices to Consider:

- Sensory and learning styles when making the student friendly schedule
- Reader vs. non-reader (visual supports may be needed)
- Breaking the day into smaller chunks so the student does not get overwhelmed

### Reference and Links:

Sample schedules

[https://www.huffingtonpost.ca/entry/sample-kids-home-schedule\\_ca\\_5e6e5904c5b6747ef11f12ce](https://www.huffingtonpost.ca/entry/sample-kids-home-schedule_ca_5e6e5904c5b6747ef11f12ce)

<https://blog.teacherspayteachers.com/home-distance-learning-packets-and-strategies-for-special-education/>