



# AT-HOME LEARNING

## Daily Schedule for 4th - 8th Grade

A CALIFORNIA PUBLIC EDUCATION PARTNERSHIP

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM -8:00 AM	Breakfast / Get Ready				
8:00 AM -2:00 PM	Watch programming for students in grades 4th- 8th (ex. Nova) throughout the day, as needed. Students can watch: KLCS from 8 am - 2 pm. Cyberchase and SciGirls are particularly great for grades 4 and 5. Tune-in at 7 am to see those shows.				
9:00 AM -10:00 AM	Students complete assignments provided by their teachers. If possible, have students create a space in your home where they can work. For students with internet access, additional resources can be found on PBS LearningMedia for grades 4-8: English Language Arts, Math, Science, and Social Studies.				
10:00 AM -10:15 AM	Break: Stretch, have a snack and drink plenty of water throughout the day.				
10:15 AM -12:00 PM	Continue work on assignments. Encourage your students to stand up, stretch, and take breaks when needed.				
12:00 PM -12:40 PM	Lunch: Go outside and move. Check-in with your students. Are they nervous or have questions about what they are hearing on the news and social media? Limit information intake and keep communication open. Encourage students to only focus on reliable, fact-based reporting.				
12:40 PM -2:00 PM	Continue work on assignments. Encourage your students to stand up, stretch, and take breaks when needed.				
2:00 PM -3:00 PM	End of school day. If your students have any additional work to complete for the day, have your students take a break, eat a snack, and go outside before continuing work.				
3:00 PM -5:00 PM	Students finish any work assigned for the day.				
5:00 PM -9:00 PM	Relax, go outside and do extracurricular activities that can be done from home. Ask students how their school day went. If appropriate, students can stay connected with friends via phone calls or social media to have social interaction with their peers and combat feelings of isolation.				
9:00 PM	Lights out, time to sleep!				

Please visit [PBSSoCal.org/AtHomeLearning](https://PBSSoCal.org/AtHomeLearning) for additional parent and student resources.  
To stream PBS programs, download the PBS Video and PBS KIDS Apps.

In partnership with Los Angeles-area PBS channels

