

H.U.S.D. Elementary

Suggested Activity Chart

Approximate Time	Suggested Activities & Resources <i>(Modify as needed based on your child's needs.)</i>
Before 9:00 a.m.	☀️ Start the day: Wake up, stretch, eat breakfast, and get ready for the day!
15 minutes	😄 Movement: Stretch, walk, dance, GoNoodle , play music, sing a song, etc.
60 minutes	📖 Academics: Complete one academic worksheet or activity, read a book, use flashcards, write and illustrate
45 minutes	🎨 Creative Time: Play with Legos or magnets, draw, do a craft, play music, cook or bake, or do another activity
45 minutes	🍎 Snack/Lunch: Check Hemetusd.org for updated lunch pick-up days, times, and locations.
20 minutes	😴 Quiet Time: Read, do a puzzle, take a nap, or do another activity
60 minutes	📖 Academics: Complete one academic worksheet or activity, read a book, use flashcards, write and illustrate
15 minutes	😄 Movement: Stretch, walk, dance, GoNoodle , play music, sing a song, etc.
60 minutes	📖 Academics: Complete one academic worksheet or activity, read a book, use flashcards, write and illustrate
15 minutes	🧠 Brain Break: Walk the dog, ride a bike or skateboard, play outside, bounce a ball, jumprope, or do another activity
Explore additional activities at HemetLearnsTogether.org	



#HemetLearnsTogether

