

The Counseling Chronicle

Routine Edition

OUR TEAM

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You'll never change
your life until you
change something
you do daily...

The secret of your
success is found in
your daily routine

John C. Maxwell by @Candidman

Setting a Solid Routine

Now that we have one week of Distance Learning under our belts, we can all reflect on how it went. Some things may have gone great, other things you would like to change and improve upon for the coming weeks. You may think about setting a routine/schedule. Things to consider in the schedule are wake up time, bedtime, movement time (probably more than once a day), snack breaks, brain breaks, things you enjoy doing, lunch and dinner. You may also build in times to be on electronics and communicate with friends/family.

When you put the needs and wants into a schedule/routine, you know what is coming next or what you are looking forward to. You also know that you are covering all your needs and wants during each day. A schedule may help you focus on the current task and help you continue to practice mindfulness!

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-9:00	Free Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

Tips and Tricks for Successful Distance Learning

- Distance learning will be very different from being at school full time. It's important to establish similar types of routines and schedules used in the traditional classroom.
- Set up a quiet, dedicated work space for your child away from TV and other distractions. Ensure all of the necessary materials are accessible, organized and ready for the day. During work time, eliminate access to phones, social media and video games.
- Students should continue with morning and bedtime routines, including getting up and going to bed at regular school day times. Encourage them to complete the same daily personal hygiene routines (i.e. showering, brushing teeth, getting dressed, etc.) as if they were going to school.
- With your child's input, create a schedule for the day.
- Read-Read-Read. Some of our best learning is done through reading and conversation about what we read.
- Set up motivators and rewards for completing educational tasks each day. Include breaks or time to connect with friends over the phone or social media for getting some of the learning tasks completed. Children like to set and accomplish personal goals.
- Come up with ways to share with your teacher what your child is learning and new things they are trying. This will be fun and help to inspire others who are on the same journey.

Maslow's Hierarchy of Needs

When setting up a routine for your family, consider all the needs a person has. We can't expect a kid to perform their very best school work when other important needs aren't being met. Try to include all needs into your routine.

PARENT/GUARDIAN NOTE: Adults have these same needs, take care of yourselves too.



Videos:

[Mr. M - I Think I'm Gonna Like Today - Fred Rogers - Routines](#)

[Mr. M - Parent/Guardian Video - Setting Routines for Distance Learning](#)

[Ms. Soule - Creating a Routine Video](#)

What does your daily routine look like? What part of your daily routine do you look forward to during your Distance Learning day?