

Name

Sample Weekday Checklist (upper elementary – 4th-6th)

- Snuggle and read with parent (30 min)
- Breakfast and get dressed (30 min)
- Math (1 lesson – probably assigned by school. If not, I recommend the free Xtramath website to learn math facts. This will help them greatly.) (30 min-1 hr)
- Reading - at reading level. Mom assigns if school doesn't. (30 min)
- Read to younger sibling (or a parent or dog) (30 min)
- Chore (ex. Unload dishwasher, sweep kitchen) (10 min)
- Schoolwork - If nothing is assigned, have them write 5 sentences about what they just read. Praise this and point out 1 thing to work on for next time.

{Lunch/Recess/Break 12-1. Outside if possible.}

- Rest Time (First finish up any assigned school. Then can listen to audiobook & play Legos, color, read for fun, etc. in room. 1-2 hours)
- Sibling playtime – (1-2 hours, outside if possible)
- Could do TV time or independent play time here if parent needs to work – (1 hour)*

FREE TIME!!!

Bedtime – parent reads aloud before bed (30 min) – a book above their reading level but not their comprehension level is great. Ex. Little House books

Underlined portions count as school.

Modify this list to fit your family's and child's needs.

