

# Make a new routine for distance learning

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Word Count **739**

Level **450L**



How to be successful when you're learning from home? Stick to a routine. Illustrations: Elena Hartley, Newsela staff

Schools are closed across the country because of the coronavirus. Many teachers and students have moved to distance learning. Maybe you have, too. This is a big change. Maybe you miss your friends and teachers. Maybe you miss regular parts of the school day. You may even miss the school schedule.

A school schedule is helpful. It tells us when the day begins and when it ends. The schedule, or routine, tells us what we should do every day at school. It tells us what time we should do things. It tells us how we should do things. A school schedule has time for learning, playing, eating and taking breaks.

Without a routine, a day at home can feel long. Why not make a routine for yourself? It can be like your school schedule. It will give your day structure.

Talk with your family members about making a routine. First, write down a list of what needs to get done in a day. Next, take note of how much time you need for each activity. Then, decide what time of day is best to do each thing on your list. Your new routine should make time for work, play and rest.

Write your routine down on paper. Post it in your house. Your family should see it. It helps them know your plan for the day. Look at the paper from time to time. It will keep you on track.

It may take time to know what works best for you. That's OK. You can change things as you go.

To get you started, here are ideas to add to your new routine!

### **Get Ready For The Day**

It is a good idea to wake up at the same time every morning. Set an alarm. Stick to it each weekday. Get dressed right away. Comb your hair, wash your face and brush your teeth. After all, you would do those things before running out the door to school.

Once you're dressed and ready, look at your routine for the day. What NEEDS to get done? What would you LIKE to get done? Set some goals. Share your goals with a sibling, parent or someone else at home.

### **Breakfast**

Be sure to block off time to eat breakfast. Your body needs fuel in the morning. That way you will have the energy to follow your routine.

### **Quiet Study**

Make time in your day for quiet learning. You can read, finish work in subjects, write or take tests or quizzes.

Try to find a quiet space to study. It may not be easy. You may have siblings or cousins. It may be noisy. If you can, close the door to a room. If you share a room, wear headphones. They block out sound. That can help you focus.

### **Group Study**

Your school or teacher might set up times for learning as a group. If they do, add those times to your routine. Plan extra group time, too. That is when you can chat with your classmates and ask questions about your schoolwork.

### **Lunch**

Students take a lunch break in school. Do the same at home. Take a break while you eat. If someone is at home with you, have a chat with them. Or you can look out the window.

### **Extra Time**

Take time for activities you like to do outside of school. Practice an instrument, or make art. You can learn something new, too. Here are some other ideas: work on your free throw, code online, learn to knit or solve a Rubik's Cube.

### **Breaks**

Make sure you put short breaks into your daily routine. Need fun ideas for five-minute breaks? Check out this [list](#) of suggestions.

## Dinner

Like lunch, add dinner to your routine. Why not help prepare dinner? Ask an adult for help. Over dinner, talk with your family about your day. After dinner, try to help with clean-up, too.

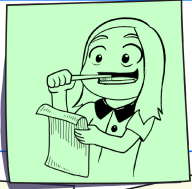



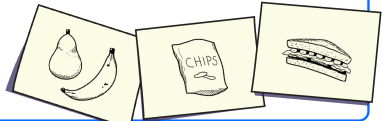
## Evening/Relaxation Time

Thanks to your new routine, you got a lot done! Now you can relax. Talk with friends on the phone or over the computer, play a board game, watch a show, read a book. The choice is yours.


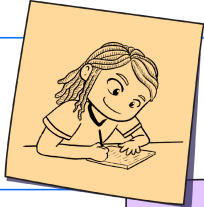
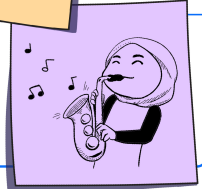
## Sleep

Try to go to bed at the same time each weeknight. That way, you will get good sleep. You will need it. The routine starts all over again the next day!

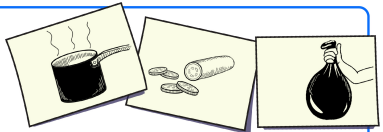
## Morning

8:00 - 8:30 am	
<b>Get ready</b>	
8:30 - 9:00 am	
<b>Breakfast</b>	
9:00 - 10:15 am	
<b>Quiet Study</b>	
10:15 - 10:30 am	
<b>Break!</b>	
10:30 am - 12:00 pm	
<b>Group Study</b>	
12:00 - 12:45 pm	
<b>Lunch!</b>	

## Afternoon

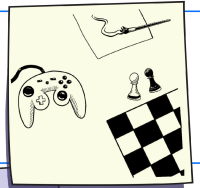
12:45 - 2:00 pm	
<b>Reading Time</b>	
2:00 - 2:15 pm	
<b>Break</b>	
2:15 - 3:00 pm	
<b>Quiet Study</b>	
3:00 - 5:00 pm	
<b>Elective Time!</b>	

## Evening

5:00 - 7:00 pm	
<b>Dinner!</b>	

7:00 - 9:00 or 10:00 pm

## Relaxation Time



9:00 or 10:00 pm

## Sleep



## Quiz

- 1 What is a reason why keeping a schedule can be helpful?
- (A) It tells people why many schools are closed.
  - (B) It makes people miss their friends and teachers.
  - (C) It tells people when and how they should do things.
  - (D) It makes the day at home feel even longer than it is.

- 2 How can students make time for quiet study?
- (A) They can close the door to their room or wear headphones.
  - (B) They can invite their siblings to share the room with them.
  - (C) They can chat with classmates and ask them questions.
  - (D) They can take a break while they eat or look out the window.

- 3 Read the paragraph below from the introduction [paragraphs 1-7].

*Talk with your family members about making a routine. First, write down a list of what needs to get done in a day. Next, take note of how much time you need for each activity. Then, decide what time of day is best to do each thing on your list. Your new routine should make time for work, play and rest.*

What is the focus of this paragraph?

- (A) which time of day is good for work
  - (B) how to figure out a new routine
  - (C) what things need to be done
  - (D) when people should rest
- 4 What is the section "Extra Time" MAINLY about?
- (A) what activities to try besides school work
  - (B) why people like to learn to knit
  - (C) how kids can help to prepare dinner
  - (D) when to plan learning times with a group