



7 week Plan for Teaching Kids at Home

Part
ONE



If you know people who need this, please share
this link:

<https://abetterwaytohomeschool.com/learning-at-home-everything-you-need-in-one-place.html>

Clean Me Daily

- DOOR KNOBS
- LIGHT SWITCHES
- TOILETS
- COUNTERS
- PHONES
- EARBUDS
- PENS AND PENCILS
- DRAWER PULLS
- KEYBOARDS
- APPLIANCE HANDLES
- AREAS WE SIT
- AREAS WE EAT
- TOYS
- CAR DOOR HANDLES
- STEERING WHEEL
- HANDS
- REMOTE CONTROLS
- MUSICAL INSTRUMENTS
- CHARGING WIRES
- GLASSES CASES
- TOOTHBRUSHES
- CUPS: EACH USE
- COUNTER TOPS
- ANYTHING WE TOUCH



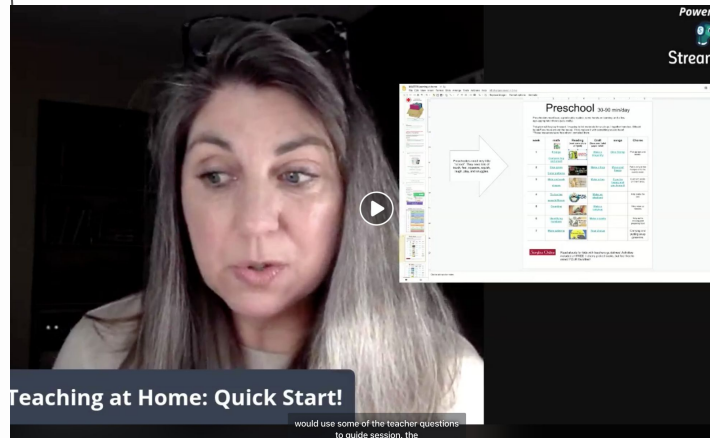
Let's keep each other safe

Let me show you how to use this resource!

Teaching from Home K-12
Everything you need in ONE place
- FREE -



Join Bekki to learn how to use the FREE quick guide



All free*. No Sales Gimmicks.

I get that it's overwhelming to suddenly be at home teaching. Let me explain the heart behind this resource and HOW to use it immediately.

- ❑ Sample Daily Schedule: 11:00 minute mark
- ❑ Preschool around the 12:00 minute mark
- ❑ K-2 around 15:20 min. Mark
- ❑ 3rd-5th 26:30 min mark
- ❑ 6th-8th 34:ish min mark
- ❑ High school 42 min mark

Pages 3-8 are **your ready to use plan** to and include all free, or free trial products. (The exception is the Activity Room which Kicks off a FREE five day activity series, which will be followed by a very inexpensive offer. PERFECT for kids 5 and under)

Breathe

Teaching at home takes time to find your rhythm. You're not alone. It's like that for all teach at home families.

Most homeschoolers need a full year (or more) to find their groove. That's EXACTLY why I made this "instant plan" to give you a starting point.

Have a Family Meeting

Once you know how you want your day to go, you need to tell your kids. Serve something yummy and tell them how things will go.

Explain the schedule.

Establish that you are their teacher (even if only for a short time)

This is a good time to introduce the "Do Over"

Begin

The following age-appropriate lessons and ideas will give you somewhere to begin. This is a VERY GENTLE plan.

Feel free to substitute, throw out or change any activity.

Pro TIP: keep the lessons short and stay close by. MOst, if not all kids, will respond BEST to learning at home if you are fully involved

Simplified Schedule of a day at home









Time	Preschool-2nd	3-8	High school
7:00	Breakfast	Breakfast & Chores	Breakfast & chores
8:00	Story time & silly songs	Learning time	Learning time
9:00	Fun learning games and activities		
10:00			
11:00	Outside: get some fresh air!		
12:00	Lunch	Lunch	Lunch
1:00	Reading	Reading	Reading
2:00	Rest/quiet/free	Chores & Free	Finish school, Chores & Free
3:00	Outside: get some fresh air!		
4:00	Free time		
5:00	Dinner prep/free time	Help with dinner prep	Help with dinner prep (or do dinner prep)
6:00	Dinner	Dinner	Dinner
7:00	Family time/beditim	Family time	Family time

Preschool 30-90 min/day

Preschoolers need love, a predictable routine, some hands-on learning, and a few age-appropriate chores (yes, really).

This plan will be play focused. I'm going to list materials for you to pull together here too. Should be stuff you have around the house. If not, replace it with something you do have!

*These resources were free when I compiled them.

week	math 	Reading (read same story all week)	Craft (Save your toilet paper rolls!)	songs	Chores
1	<u># bingo</u> <u>Compare big and small</u>		<u>Make a dragonfly</u> <u>More craft ideas</u>	<u>Dino Stomp</u>	Pick up toys and books.
2	<u>Dice game</u> <u>Color patterns</u>		<u>Make a frog</u>	<u>Move and freeze</u>	Put laundry in the hamper or to the laundry room.
3	<u>Hide and seek shapes</u>		<u>Make a lion</u> <u>More craft ideas</u>	<u>If you're happy and you know it</u>	Dust with socks on their hands.
4	<u>Tic tac toe same/different</u>		<u>Make an elephant</u> <u>More craft ideas</u>	<u>The alphabet song</u>	Help make the bed
5	<u>Counting</u>		<u>Make a ladybug</u> <u>More craft ideas</u>	<u>I like bananas</u>	Help wipe up messes.
6	<u>Identifying numbers</u>		<u>Make a castle</u> <u>More craft ideas</u>	<u>Down by the Bay</u>	Help out in cooking and preparing food
7	<u>More patterns</u>		<u>Your choice</u> <u>More craft ideas</u>	<u>Water Buffalo</u>	Carrying and putting away groceries.

Storyline Online




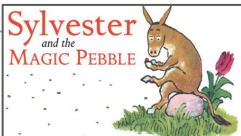
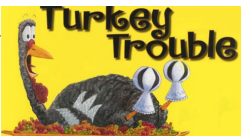


Read-alouds for kids with teachers guidelines! Activities included all FREE. I cherry picked books, but feel free to select YOUR favorites!



Doors are temporarily open until March 19. Try for a month!
[Worth every penny!!](#) (referral)

<https://abetterwaytohomeschool.com/learning-at-home-everything-you-need-in-one-place.html>

K-2nd (60-120 min/day total)

week	math	Reading/writing	science/ social studies	art/ music (save your toilet paper rolls!)	Chores
1	<u>Splash math</u> <u>15-30 min a/ day</u>		<u>Make a map of our home or backyard</u> <u>Sugar bridge</u>	<u>Make a dragonfly</u>	Take out trash
2	<u>Splash math</u> <u>15-30 min a/ day</u>		<u>Make map of neighborhood</u> <u>lightning</u>	<u>Make a frog</u>	Fold and put away laundry
3	<u>Splash math</u> <u>15-30 min a/ day</u>	 	Make map of your city <u>Earthquakes</u>	<u>Make a lion</u>	Vacuum, sweep, or mop
4	<u>Splash math</u> <u>15-30 min a/ day</u>	 	Make map of your state <u>magnets</u>	<u>Make an elephant</u>	Dust with socks on their hands.
5	<u>Splash math</u> <u>15-30 min a/ day</u>		Make map of your country <u>airplanes</u>	<u>Make a ladybug</u>	Learn to wash dishes or load the dishwasher.
6	<u>Splash math</u> <u>15-30 min a/ day</u>		Make map of the world <u>States of matter</u>	<u>Make a castle</u>	Help make the bed
7	<u>Splash math</u> <u>15-30 min a/ day</u>		Make a solar system map <u>Elastic force</u>	<u>Your choice</u>	Take care of pets

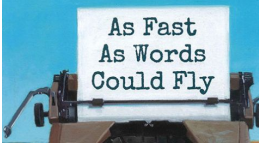






Storyline Online

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3rd-5th (2-3 hours/day total)

week	math	Reading/writing	science/ social studies	art/ music (save your tp rolls)	Chores
1	<u>Splash math</u> <u>15-30 min a/ day</u>		<u>Make a map of our home or back yard</u> <u>Sugar bridge</u>	<u>Egg carton flowers</u>	Do their own (or the family's) laundry.
2	<u>Splash math</u> <u>15-30 min a/ day</u>		<u>Make map of neighborhood</u> <u>lightning</u>	<u>Tp roll airplane</u>	Help prepare meals.
3	<u>Splash math</u> <u>15-30 min a/ day</u>		Make map of your city <u>Earthquakes</u>	<u>Race cars</u>	Help with dishes.
4	<u>Splash math</u> <u>15-30 min a/ day</u>		Make map of your state <u>magnets</u>	<u>Toilet paper roll planters</u>	Empty trash.
5	<u>Splash math</u> <u>15-30 min a/ day</u>		Make map of your country <u>airplanes</u>	<u>TP safari animals</u>	Write down grocery list.
6	<u>Splash math</u> <u>15-30 min a/ day</u>		Make map of the world <u>States of matter</u>	<u>Pom pom game</u>	Make their own bed.
7	<u>Splash math</u> <u>15-30 min a/ day</u>		Make a solar system map <u>Elastic force</u>	<u>Mini book</u>	Keep area of home clean.

Storyline Online


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Science Maxx will delight your kids!

<https://abetterwaytohomeschool.com/learning-at-home-everything-you-need-in-one-place.html>

6th-8th (3-4 hours/day total)

week	math	Reading/writing	Science	History	Art/music / life skills
1	IXL 15-30 min/day	Looking for books to go with ancient history?  Choose a read aloud on Audible : Listen 30-45 min a day	Supercharged Science!! You drop your email in and get access to the lesson! Astronomy	Ancient Civilization Project Choose project: either Create your Own slide presentation or History Pockey project not free, but one of my favorites- (referral)	Toilet paper roll roses
2	IXL 15-30 min/day	Audible : Listen 30-45 min a day	catapults	1-2 days Mesopotamia	Learn to sew a button
3	IXL 15-30 min/day	Audible : Listen 30-45 min a day	hovercraft	1-2 days Egypt	Autobiographical Island project
4	IXL 15-30 min/day	Audible : Listen 30-45 min a day	roller coasters	1-2 days India	How to wrap a gift
5	IXL 15-30 min/day	Audible : Listen 30-45 min a day	States of matter	1-2 days China	Learn to tie a tie Tie a bow tie
6	IXL 15-30 min/day	Audible : Listen 30-45 min a day	Sound vibrations	1-2 days Greece	Hacks for kids
7	IXL 15-30 min/day	Audible : Listen 30-45 min a day	FREE Online School! They are waiving fees for now!! Get on their mailing list and follow their fb page	1-2 days Rome	TP Plantere

IXL Math- [You can request a 30 day free trial here](#)

Chores: Kids from 6th grade and up should be an intricate part of helping keep the home in order. Teach kids 1-2 chores a week and have them help design a schedule for the house clean-up routine.

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High School (3-5 hours/ day)

week	math	Reading/writing	science	History	Life skills
1	IXL 30-60 min/day	Choose a read aloud on Audible : Listen 30-45 min a day	Pick a science project you can do at home	Choose an important History topic	How to change a tire on a car
2	IXL 30-60 min/day	Audible : Listen 30-45 min a day	Do research	Do Scavenger hunt	Write down 4 ways to cook an egg or chicken
3	IXL 30-60 min/day	Audible : Listen 30-45 min a day	Form your hypothesis	Break topic into 4 subtopics and begin research	Learn to sew a button
4	IXL 30-60 min/day	Audible : Listen 30-45 min a day	Plan and Conduct experiments	Complete 2-4 slides per	Learn to tie a tie Tie a bow tie
5	IXL 30-60 min/day	Audible : Listen 30-45 min a day	Collect and organize data	Complete 2-4 slides per	BEST way to improve conversation
6	IXL 30-60 min/day	Audible : Listen 30-45 min a day	Organize findings	Complete 2-4 slides per	Clean a microwave
7	IXL 30-60 min/day	Audible : Listen 30-45 min a day	Present your project	Finish and share project	Iron a Shirt

XL Math- [You can request a 30 day free trial here](#)

Chores: High schoolers are adults in training. They can be responsible to organizing a weekly cleaning/chore schedule and should work around the house every day to help keep things clean and running smoothly. This will look differently in every family.

History project: 7 weeks to create a complete slide presentation about a chosen area of history. Choose topic, break into 4 parts (subtopics), do research and complete 2-3 slides per topic. Tutorial included inside [this Ancient History project](#).

An Opportunity for MAGICAL Memories

When I was about 11-years old I had the BEST summer ever.

- Family [wildflower walks](#) every evening after dinner.
- Family [wiffle ball games](#).
- Family soccer games. ([got a basement?](#))

We lived on a 15 acre farm in Connecticut and my dad spent the summer carving out adventures for us with his ride-on tractor.

⚽ First he cut the soccer field.

⚾ Then he lowered the mover and cut a baseball diamond into the same field.

🌸 He carved a 6-foot wide path around a huge field on our property so he could take us on a walk to see "which wild flowers bloomed" that day.

🌻 We played

🌿 Caught dragonflies

🌿 Watch clouds float by

👁️ Sat in the yard playing I-spy

🎵 Turned off all the lights in the house and blared the music while playing "who knows the most lyrics to each song"

We fed wild birds, watched the squirrels steal their food and simply enjoyed each other's company.

🐾 What a great summer!

It wasn't until I was a grown woman that I learned the truth.

😬 Dad had been laid off that summer.

While he applied for over 150 jobs looking for work at night, during the day he created, played, and was present with all four of us kids.

Today, we have a choice.

I say, let's make this season of quarantine the "BEST Spring vacation of our kids' childhood."

🌸 Be present

🌹 Read

🌿 Cut soccer fields out with a lawn mower

⚽ Play games

And at night, when the kids are nestled in bed make our plan for the next day.



[I found pictures!!](#)

Work Together at home



AGE-APPROPRIATE CHORES: HOW TO HELP KIDS BE RESPONSIBLE

Dirty dishes. Messy bedrooms. Toys on the living room floor. Some days, there just isn't a good way to avoid the chore wars. But there is always tomorrow, and you can be proactive. Ask yourself, *What chores are important for my children to learn, and what are they capable of doing?*

[Play beside me challenge starts March 30!!](#)



CHALLENGE

Play BESIDE ME

A 5-day activity challenge to keep kids busy while you get things done. **GUILT-FREE!**

PlayBesideMe.com

i'm in!

JOIN THE CHALLENGE

Optional

You may want to introduce a planner



Great free student planner from Heather!!

Seriously, that is enough to jump start you into the wonderfully rewarding, challenging and fun world of teaching your kids at home.

When you're ready for MORE resources, ideas, tips, or help let me know!

Bookmark this page:

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When you're ready for Part two it will be there waiting!

You can ALWAYS find me here:

<https://abetterwaytohomeschool.com/>

<https://www.facebook.com/ABetterWayToHomeschool/>

My full line of products is available here:

<https://www.teacherspayteachers.com/Store/Rebekah-Sayler>