



## 7 week Plan for Teaching Kids at Home



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

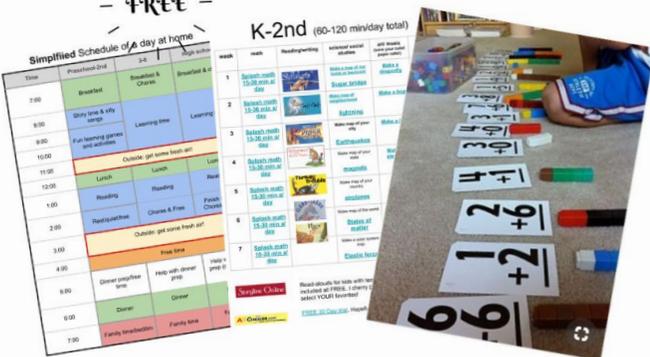
- DOOR KNOBS
- LIGHT SWITCHES
- TOILETS
- COUNTERS
- PHONES
- EARBUDS
- PENS AND PENCILS
- DRAWER PULLS
- KEYBOARDS
- APPLIANCE HANDLES
- AREAS WE SIT
- AREAS WE EAT
- TOYS
- CAR DOOR HANDLES
- STEERING WHEEL
- HANDS
- REMOTE CONTROLS
- MUSICAL INSTRUMENTS
- CHARGING WIRES
- GLASSES CASES
- TOOTHBRUSHES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



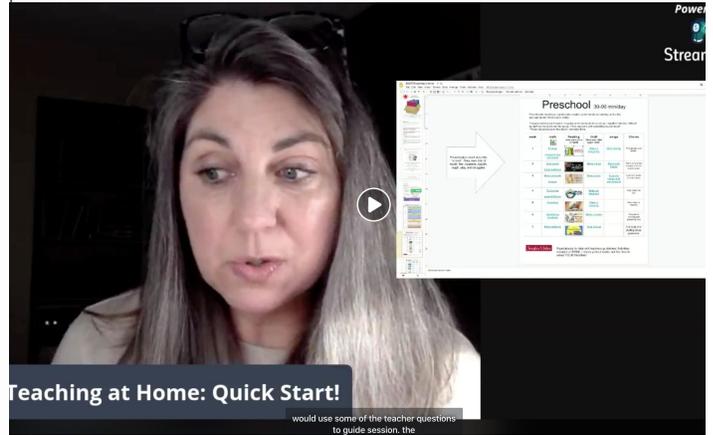
Let's keep each other safe

# 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 opened its doors until March 19 only)

# 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/bedtime	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</u>  <u>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</u>  <u>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

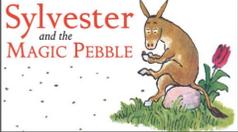
Read-alouds for kids with teachers guidelines! Activities included all FREE. I cherry picked books, but feel free to select YOUR favorites!



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	<a href="#"><u>Splash math</u></a> <a href="#"><u>15-30 min a/ day</u></a>		<a href="#"><u>Make a map of our home or backyard</u></a>  <a href="#"><u>Sugar bridge</u></a>	<a href="#"><u>Make a dragonfly</u></a>	Take out trash
2	<a href="#"><u>Splash math</u></a> <a href="#"><u>15-30 min a/ day</u></a>		<a href="#"><u>Make map of neighborhood</u></a>  <a href="#"><u>lightning</u></a>	<a href="#"><u>Make a frog</u></a>	Fold and put away laundry
3	<a href="#"><u>Splash math</u></a> <a href="#"><u>15-30 min a/ day</u></a>	 	Make map of your city  <a href="#"><u>Earthquakes</u></a>	<a href="#"><u>Make a lion</u></a>	Vacuum, sweep, or mop
4	<a href="#"><u>Splash math</u></a> <a href="#"><u>15-30 min a/ day</u></a>	 	Make map of your state  <a href="#"><u>magnets</u></a>	<a href="#"><u>Make an elephant</u></a>	Dust with socks on their hands.
5	<a href="#"><u>Splash math</u></a> <a href="#"><u>15-30 min a/ day</u></a>		Make map of your country  <a href="#"><u>airplanes</u></a>	<a href="#"><u>Make a ladybug</u></a>	Learn to wash dishes or load the dishwasher.
6	<a href="#"><u>Splash math</u></a> <a href="#"><u>15-30 min a/ day</u></a>		Make map of the world  <a href="#"><u>States of matter</u></a>	<a href="#"><u>Make a castle</u></a>	Help make the bed
7	<a href="#"><u>Splash math</u></a> <a href="#"><u>15-30 min a/ day</u></a>		Make a solar system map  <a href="#"><u>Elastic force</u></a>	<a href="#"><u>Your choice</u></a>	Take care of pets

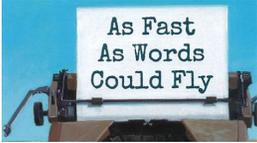
Storyline Online

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)

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

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



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



Science Maxx will delight your kids!

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

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

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.

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

# High School (3-5 hours/ day)

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

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](#).

# New updates 3/19/2020

## [Evan moor freebie](#)



**FREE E-Book!**

**Daily Activities for Learning At Home**

Language • Math • Reading

The image shows a promotional banner for a free e-book. On the left, the text 'Daily Activities for Learning At Home' is written in a stylized font. To the right, there are several sample pages from the e-book, including a 'Daily Fundamentals' page with a calendar and a page with a bar graph. A red banner at the top right says 'FREE E-Book!'. At the bottom, a purple bar contains the text 'Language • Math • Reading' and a small cartoon character icon.

## [Audible Free audio books](#)



audible  
an amazon company

**Stories help.**

The image features the Audible logo, which includes the word 'audible' in a sans-serif font and a stylized orange and white icon of an open book with sound waves. Below the logo, it says 'an amazon company'. To the right of the logo, the slogan 'Stories help.' is written in a large, bold, black font. On the left side of the image, there are several book covers, including one for 'VIVA DUKU and the Secret of the Silver Bell'.

[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!**

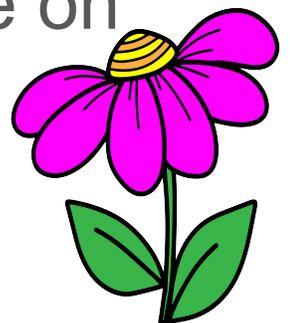
**JOIN THE CHALLENGE**

The image is a promotional graphic for the 'Play Beside Me' challenge. It features a photograph of a young child with brown hair, focused on a craft project. The background is a mix of green and white. On the right, there's a green circular graphic containing the text 'CHALLENGE Play BESIDE ME'. Below this, it says 'A 5-day activity challenge to keep kids busy while you get things done. GUILT-FREE!' and 'PlayBesideMe.com'. At the bottom, there's a white banner with 'i'm in!' in a green font and 'JOIN THE CHALLENGE' in a blue button.



# ACTS of Kindness

- ❑ Send notes and drawings to nursing homes
- ❑ Create care packages for local food bank
- ❑ Grocery shop for those at greatest risk
- ❑ Send care packages to loved ones
- ❑ Do a mini-concert to those in quarantine (outside their window)
- ❑ Call people rather than text to check in on them
- ❑ Buy food for single moms, or those on tight budget



# How long should my child “learn” each day

The short answer is that your student is learning all day long. For academics at home a good benchmark is to do academic lessons for 1-2 hours for the grade.

Grade	Hours a day	Daily subjects	2 x week	1 week	Life skills	At your fingertips resources
K-1	1-2	Math Reading Journal writing	History & science	Art, craft, project	Above, plus, Basic chores	Read-Aloud with <a href="#">Audible</a>
2-3	2-4	Math Reading Journal writing	History & science	Art, craft, project	Above, plus, Meal prep	<a href="https://www.mathixl.com/">https://www.mathixl.com/</a>
4-5	3-5	Math Reading Journal writing	History & science	Art, craft, project	Above, plus, Help cook	Writing Prompt generator <a href="https://www.journalbuddies.com/journal_prompts_journal_to_pics/prompt-generator/">https://www.journalbuddies.com/journal_prompts_journal_to_pics/prompt-generator/</a>
6-8	4-5	Math Reading Journal writing	History & science	Art, craft, project	Above, plus Yard chores	
High school	4-6	Math Reading Journal writing	History & science	Art, craft, project		History <a href="https://www.mrdonn.org/">https://www.mrdonn.org/</a>  Science <a href="http://www.sciencekids.co.nz/games_activities.html">http://www.sciencekids.co.nz/games_activities.html</a>

# Prioritize your day

- Establish a few household age-appropriate chores.
- Set a start time for the learning day (Yes, 9:00 & 10:00 are fantastic!)
- Do daily subjects first.
- Break for lunch.
- Do reading (audio book)
- Finish any household chores that need to be done.
- Give kids rest time/free time in the afternoon.

**Pro tip:** Hold back screens until AFTER chores and school is complete.

## Do not over complicate your time at home!

When a teacher is suddenly replaced by a substitute in a classroom for a sudden but long time, kids typically are given a BIG unit study project to work on: [All About Snow](#), Learn 12 braids and write out their directions, how to tie ties, basic car maintenance and more.

### Be creative!

- ❑ Games count as math activities if they use counting or money.
- ❑ Creating lists, plays, puppet shows, and writing silly stories counts as writing.
- ❑ Deep dive into an online world tour and create a brochure or slide presentation! Or complete a huge world tour of [ancient history](#).

# 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.



# 7 week Plan for Teaching Kids at Home



From this point there are lots of extra goodies for you to help you teach your kids at home.

**WOW!**

## 7 week Plan Add-on Ideas, Projects, and Resources

*I'd like to give credit to my husband, Craig Saylor for encouraging me to pull together this resource for everyone. He knew there would be people who needed this long before I did.*

Obviously, if your school has given you a plan, you'll need to follow their guidelines, but this should help you!!

Ready for you to be using!

This is a **living resource**.

I am adding more each day and will include some incredible deals, freebies and ready to use activities.

Many, MANY people are working overtime to bring resources to you to help you. I'm still looking over details...

Brand new [FREE resources](#) from my favorite "KIT" company. FANTASTIC Resource!! We LOVE Kiwiclo

UPDATED DAILY!

**At-Home Resources for Kids (and their grownups)**

Parent toolkit   Activities by age   Daily DIYs

**WOW!**

[The Activity Room Opened](#) until March 19. This is CRAZY good for toddler-K (not free, but worth every penny) (referral)

**WOW!**

YOUR VIP INVITATION TO JOIN — ENROLLMENT IS OPEN THROUGH THURSDAY!

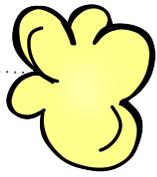
**Save Yourself Hours While Still Creating Special Memories & a Happy Childhood**

No more headaches!  
Stop searching for activities and wondering if you have the right supplies on hand!

**JOIN NOW!**

**Wow!**

[30 Virtual Field Trips with Links by Mrs Fahrney](#)



# Make any video a learning activity

If you really want your kids to write about a show...

A simple discussion about what they learned works amazing too!

\*\*\*\*No Prep\*\*\*\*

## POPCORN

### Movie Response Mega Pack!

21 Printables -  
Use with Any Movie



# 90 Day Complimentary pass to [iKnow it](#)



“Our hearts reach out to the many communities affected by the COVID-19 virus. As many schools in these communities are closed, we understand that teachers and administrators are in need of online, remote learning tools.

We would like to offer our online math practice tool, , free of charge, to any schools affected by the virus related closures.

Please fill out this form to request an application for [unlimited complimentary access.](#)”

## Grades K-5



### Get Your Weekends Back and Save Money! Access a goldmine of PreK-8 activities across subjects

Join and Your First 30 Days are Free

As low as \$8.33/month afterwards\*

\*Based on an annual subscription of \$99.99. Monthly subscription available.



## Use [TeacherFileBox](#) for **FREE** for 30 days.

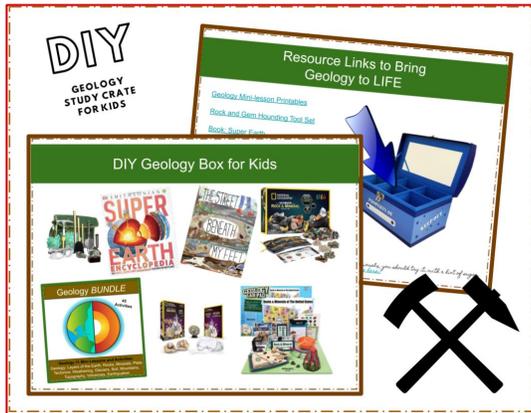
### Get exactly what you need when you need it!



# Your Emergency Teaching at Home Kit

## DIY Hands-on FUN

### DIY Geology Crate



### DIY Cooking Crate



### DIY VERB Crate



### Best Subscription Crates



DIY High School Elective Options!  
Earn High School Credit at home  
[Just pick an area to focus!!](#)

# Work Together at home

An illustration of a young boy with dark skin and hair, wearing a grey hoodie and blue pants, raking brown leaves on a green lawn. The scene is set against a dark green background with scattered leaves.

## 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?*

Your kids should help around the house!  
Don't know where to begin? Here are  
some age-appropriate chores.

# Fun Unit Studies

## All About Snow- No Prep-4th-6th

The Color of Snow  
Snow is an accumulation of particles on crystals, and the process of accumulating a variety of particles, such as water, ice, and silt, is called snow. The color of snow is determined by the particles that are in it.

The Sound of Snow  
Check your way through the maze.

Types of Snow  
Snowflakes are crystals that form in the atmosphere. They form as ice crystals that grow around a tiny particle of dust or other matter. The snowflakes are made of ice and are made of water molecules.

Snowflake Vocabulary  
Types of snow: sleet, snow, hail, rain, drizzle, fog, mist, dew, frost, snowflake, snowdrift, snowfall, snowpack, snowstorm, snowflake, snowflake, snowflake.

Avalanche!!  
Avalanche is a rapid flow of snow down a hill or mountain slope.

Wispen "Snowflake" Bentley  
Wilson Bentley first became interested in snow crystals when he was a young boy. He tried to draw what he saw through an old microscope given to him by his mother. The snowflakes were too complex to draw before they melted, so he attached a bellows camera to a compound microscope and, after much experimentation, photographed his first snowflake on January 16, 1885.

## Life SKILLS

FOR KIDS OF ALL AGES

### Sewing a Button Fine Motor Skills

## DIY Heart Foldable

Presale

## Maestro Heights

Let's find out!

### How Do Organ Pipes Work?

Mini-course: lesson, projects, activities

# Fun & Inexpensive Unit Studies

## 15-Minute Music Lessons

Quick, Fun, and Easy Music Lessons for  
Elementary Students

## Beyond the Stick Figure

**Easy to Use  
for the Whole Family**



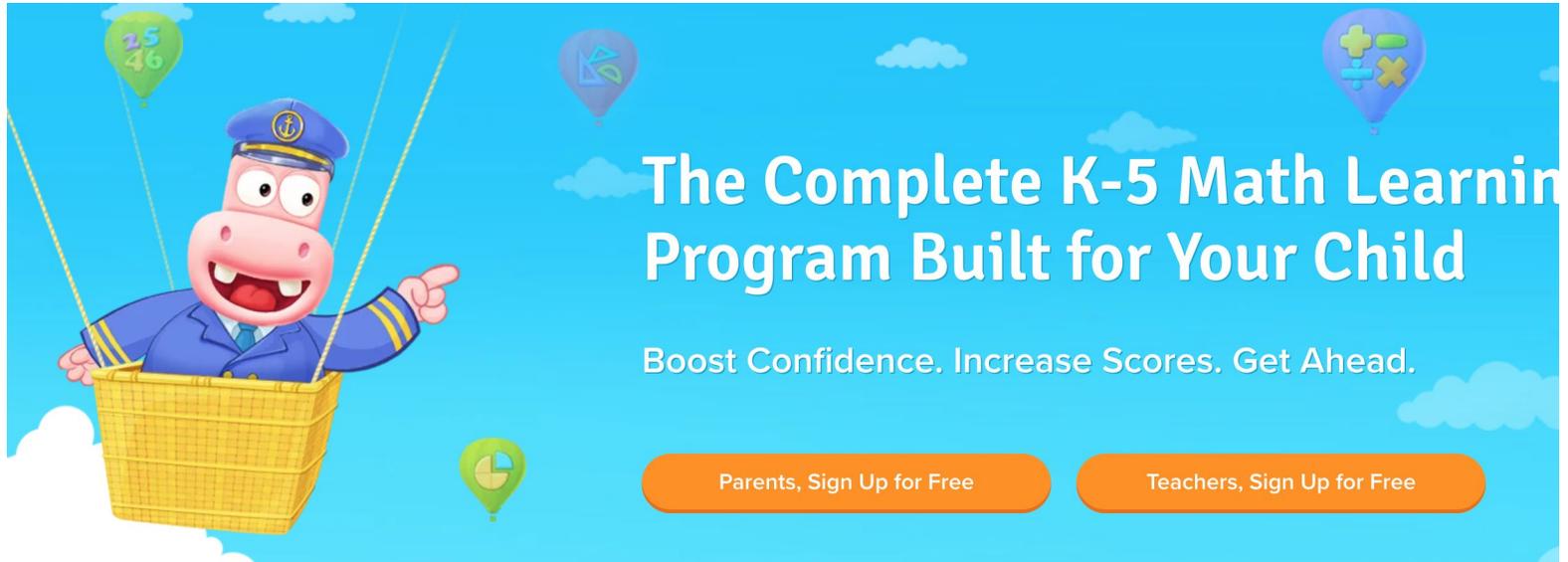
**Beyond the Stick Figure Complete  
Drawing Course PLUS 3 Bonus**

Don't You Wish You Could Draw?

*Hebrew for Homeschoolers*  
Once a week online live classes  
**Hebrew for Beginners**  
in only 10 weeks!



# Free Math app for K-5



**The Complete K-5 Math Learning Program Built for Your Child**

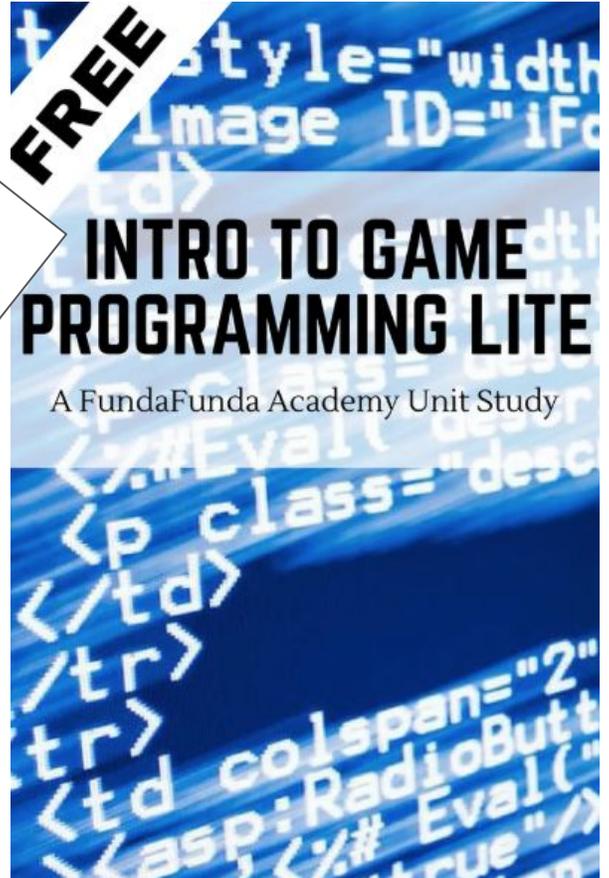
Boost Confidence. Increase Scores. Get Ahead.

Parents, Sign Up for Free

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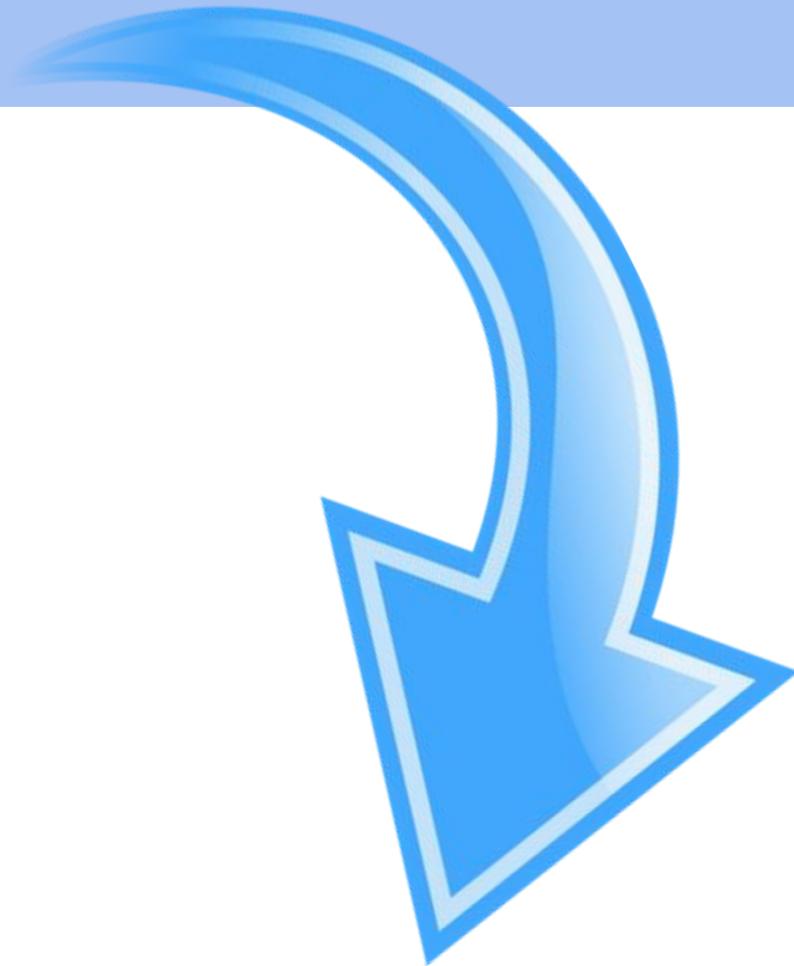
# More resources

For 4th - 12th - no supplies needed. No Email opt-in - just free  
From Meryl



Great free student planner from Heather!!

# Books lists



[Preschool Book Lists](#)

[Classic Chapter Books](#)