

General Template- adapted from [“The Well-Trained Mind” by Susan Wise Bauer and Jessie Wise](#)

Starter plan = 2 hrs per day. This plan is designed to help your child gain skills and get used to following a routine every day. This is a very beneficial plan for students who struggle in school and will help them develop academic skills even while they aren't in school. Close their learning gap! When getting started, cut this list down to only four items on this list and then build up each day until you are doing the full list.

- Wake up at: \_\_\_\_\_ (The same time each day. Enter your preferred time here. Keep in mind that most children under the age of 18 need at least 10 hrs of sleep per night)
- Make yourself Breakfast: \_\_\_\_\_ (write what you'd like them to eat)
- Brush your teeth
- Get dressed
- Drink 2 glasses of water by 10am
- Parent reads aloud OR [Listen to an audiobook for \(at least 20 mins\)](#)
  - Pick 1 (easy to hard):
    - Have your child copy a sentence in the book with correctly with correct punctuation
    - Have your child listen to a sentence she heard and write it down with correct spelling and punctuation
    - Have your daughter summarise the story, you will write down her summary, making suggestions along the way. She will copy what you wrote OR
    - Have your daughter summarize what she heard: then “check her work” for correct spelling and grammar. Have your child correct any errors you find.
- Read-to-self for at least 30 mins: any book you'd like, but must be a book, not a magazine or internet. Ask her what she read when she finishes.
- Learn your 2's song of multiples
- Print [25 addition or subtraction problems, she if she can complete them in 1 min.](#)
- Have her make herself lunch by 1:30pm, describe what you'd like her to make:
- Drink 2 glasses of water by 1pm
- Play outside (younger) or Go for a walk for 30 mins (older)
- Daily chore: \_\_\_\_\_ (clean room, empty dish washer)
- Drink 2 glasses of water by 5p
- Drink 2 glasses of water by bedtime
- Get in bed by \_\_\_\_\_ (make sure 'bedtime' is the same every night. Teens tend to fall asleep between 10p and midnight, naturally)

Consider adding

- 1 [Pronoun Worksheet](#) (pick the grade level closest to your child's grade level)
- 1 [Possessive Noun Worksheet](#) (pick the grade level closest to your child's grade level)
- 1 [Division Worksheet](#) (pick the grade level closest to your child's grade level)
- 1 [Money Worksheet](#) (pick the grade level closest to your child's grade level)
- Have her color or draw while she listens to music. Any music is fine. Any kind of artwork is fine. These are key ways teens express themselves.

