

Day 4 Lesson Plan

adapted from ["The Well-Trained Mind" by Susan Wise Bauer and Jessie Wise](#)

This plan is designed to help your child gain skills and get used to following a routine every day. When getting started, cut this list down to only a few items on this list and then build up each day until you are doing the full list. Give your child a reward when she finishes each section:

By 10am

- 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

By 1:30pm

- Parent reads aloud (any age) OR [Listen to an audiobook for \(any age\)](#) for 30 mins OR for elementary students, [have a story read to them](#)
 - Pick 1 (easy to hard):
 - Have your child copy a sentence in the book with correct punctuation
 - Have your child listen to a sentence she heard and write it down with correct spelling and punctuation
 - Have your daughter summarize 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.
- Practice [your 2's song of multiples](#), Practice [your 3's song](#), and [Learn your 4's song](#)
- Print [25 addition or subtraction problems, see if she can complete them in 1 min.](#) OR practice your facts on the [XtraMath App/Computer](#)
- Have her make herself lunch by 1:30pm, describe what you'd like her to make: _____

By 5pm

- Play outside (younger) or Go for a walk for 30 mins (older)
- Daily chore: _____ (clean room, empty dish washer)

By _____ (bedtime: make sure 'bedtime' is the same every night. Teens tend to fall asleep between 10p and midnight, naturally)

- Take bath/shower
- 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 about when she finishes.
- Drink 8 glasses of water daily

1 2 3 4 5 6 7 8

If your child is able to do the above plan, without much argument, begin adding 1 or 2 of the following:

- ❑ 1 [Multi-step Word Problems](#) (pick the grade level closest to your child's grade level, but don't worry if it's super easy), review the assignment for accuracy, highlight any errors, then ask your child to make these corrections
- ❑ 1 [Pronouns Worksheet](#) (pick the grade level closest to your child's grade level, but don't worry if it's super-easy), review the assignment for accuracy, highlight any errors, then ask your child to make these corrections
- ❑ 1 [Division Worksheet](#) (pick the grade level closest to your child's grade level, but don't worry if it's super-easy), review the assignment for accuracy, highlight any errors, then ask your child to make these corrections
- ❑ Pick a [Fraction Worksheet](#) (pick the grade level closest to your child's grade level, but don't worry if it's super-easy), review the assignment for accuracy, highlight any errors, then ask your child to make these corrections
- ❑ Creative Writing: [play "roll and write"](#) and write a story. After your son/daughter is done, review her paper for grammar/spelling/punctuation. Highlight any areas that need correction, then ask her to correct them.
- ❑ Have her color or draw while she listens to music. If working with elementary students, consider classical music. If working with Teens, any music is fine and any kind of artwork is fine as these are key ways teens express themselves.
- ❑ [Spelling](#): Pick a spelling list to start with, then write each word three times. (again-- don't worry if it's too easy. Right now this is more about creating a 'habit' of doing work at home, rather than challenging your student. Being successful with assignments creates confidence and thus willingness to engage in this work, daily
- ❑ [Print a Map of Europe](#) label the countries, then use this tracker to write [how many cases of COVID-19](#) each country has
- ❑ Read about a [medieval plague in Europe](#): have your student draw a picture and label it with 5 to ten facts about the Black Death. Then have her present it to you, standing up straight, with good eye contact.

Curriculum Resources- if you want to buy materials:

- ❑ All subjects: If you are looking for an App to simply give your child and let him/her work independently, try IXL for any grade. If your child is functioning below grade-level, pick a grade that you think will be 'easy' for her. Then, start at the beginning and complete 1 lesson per day in each subject purchased.
- ❑ Writing [Writing With Ease Curriculum](#); for elementary students: do 4 lessons per week. Each lesson takes only 5-10 mins.
- ❑ Math: [Math lessons](#)- do a lesson every couple of days! This is good for any student K-9. These are FUN lessons that wildly help students UNDERSTAND math, but you will need to teach these lessons..
- ❑ Foreign Language:[Rosetta Stone app](#). This is an app your child can do independently.
- ❑ Science: Have your child [read \(independently\) a page in the Usborne Science encyclopedia](#) and then:
 - ❑ Elementary: write three interesting facts s/he learned
 - ❑ Middle or High-school: summarize.
 - ❑ Or complete the activity listed on the page
- ❑ History: Independently read a section from [Story of the Work](#) OR a have your child read-aloud a page from [USborne History Encyclopedia](#)(40-45 mins). Note: if you're a working parent, we recommend the [audio-disc versions of Story of the world, to save you time, Jim Weiss will read to your children!](#)
 - ❑ Elementary: write three interesting facts s/he learned, then review her writing for grammar/punctuation/spelling (as you have time). Ask her to make corrections
 - ❑ Middle or High-school: summarize the passage in writing, then review her writing for grammar/punctuation/spelling (as you have time). Ask her to make corrections

