

# Do School At Home

## *A Guide to Unplugged Learning at Home*

**Start with a daily schedule.** Students, write down how YOU will spend your school day at home. Make time for recess — it sharpens your ability to focus and be creative. At the end of the day, check off what you accomplished and add things that came up spontaneously.

Here are some ideas:

**One.** Do puzzles or make your own.

**Two.** Read books out loud — it makes your brain even smarter. Or ask someone to read you a book or tell you a story. Hearing a real person in the same room read and tell stories is extra good for growing your brain.

**Three.** Paint with a paintbrush and other found items (sponges, Q-tips, toothpicks, bottle caps, fingers). No paint? Substitute it with common household items like ketchup, mustard, chocolate powder, or peanut butter (all in small quantities — even lipstick or nail polish not frequently used).

**Four.** Illustrate some childhood stories or a song you like. This can become a gift or a treasure to keep.

**Five.** Read out loud to a pet. They will be happy to listen.

**Six.** Write your own recipes and plan meals for the week.

**Seven.** Make a special lunch for you, family or friends. What will you make?

**Eight.** Write your own stories with chapters.

**Nine.** Learn to finger knit or knit with needles (for fine motor skill development for future surgeons and dentists).

**Ten.** Write a family mission statement. Include suggested rules for your parents and caregivers to follow.

**Eleven.** Weave a basket. Supplies: newspaper, magazines, any other used paper. See if you can do it without looking up instructions. You are smart enough to figure out how to do this without YouTube.

**Twelve.** Find some nature. Take 20 minutes to observe the signs of spring.

**Thirteen.** Design architecture and engineering projects with the plastic, cardboard and metal in your recycling bin.

**Fourteen.** If your parents say it's OK, go on a listening walk; minimize talking and pay extra attention to what sounds you hear.

**Fifteen.** Make bread — from scratch — into any creative shape.

**Sixteen.** Write a thank you note to your teachers.

**Seventeen.** Make care packages and thank you notes for the mail carrier and sanitation workers who pick up your trash and recycling.

**Eighteen.** After eating an apple, plant a seed in any cup and watch it grow into a seedling. Plant it in a glass cup or upcycle a glass (or see-through plastic) jar and plant multiple seeds along the edge of jar and watch roots grow through the glass/plastic. Give the tree a name.

**Nineteen.** Learn to play chess. If you don't have a chess board, make one with paper or cardboard and use items like pebbles, bottle caps, corks and other small objects for the different pieces. This develops very good critical thinking and decision skills. Children as young as 3 can start learning chess.

**Twenty.** Start a garden in your backyard or on your window sill. Now's the perfect time!

**What will you think up?**

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*Created by members of the Screens in Schools Work Group at the Children's Screen Time Action Network.*