

Build Your Own Learning Routine

For Kids Ages 5+

HOMER's Learning Experts have you covered with activities to suit your family's individual needs!

Do what you love, skip those you don't, move the blocks around, repeat the hits, and improvise to extend those that you don't ever want to end.

FOCUSED LEARNING TIME (20 - 30 MINUTES)

- Set up a special place for focused learning time and ask your child to help you make it comfy
- Practice sight words, write about their day or family, and do simple addition and subtraction problems
 - Learning apps like HOMER are also great to use during focused learning time

WHOLE BODY MOVEMENTS (5 - 15 MINUTES)

- Dance Party! Put on some music and invite your child to make up some dance moves and "teach" them to the rest of the family

FINE MOTOR ACTIVITY (10 - 20 MINUTES)

- Encourage your child to try picking up smaller items by working on multi-step crafts like glueing sequins onto paper (to make patterns, fill shapes, or randomly glue as they desire) or using scissors to cut along straight and curved lines

FREE PLAY (15 - 60 MINUTES)

- Let your child lead the play with a small set of toys
 - Afterwards, ask your child to tell you what they created to build expressive language skills
 - Rotate the toys throughout the week so they can create new stories

READING/STORY TIME (15 - 30 MINUTES)

- Have your child read you a story (or make up one by looking at a picture book)
- Or invite your child to write their own story using pictures, or pictures and words, to read to the family

YOGA OR STRETCHING (10 - 20 MINUTES)

- Practice self care together with some simple yoga moves, such as laying down and stretching out like a sea star or standing tall and reaching for the stars
- Ask your child to teach you some poses of their own, and practice transitioning between the moves

MAKING MEMORIES (20 - 30 MINUTES)

- Make some time to create a family journal
- Your child can draw or write, and you can include photos, funny quotes, and a sentence or image to reflect how your child is feeling to commemorate each day

SNUGGLE TIME (15 - 30 MINUTES)

- Enjoy a good book, favorite show, beautiful song, back-scratch session or a story about the best part of their day
- The important thing is bonding and making those warm, fuzzy memories

CAREGIVER (GETS SOME WORK DONE) TIME! (30 - 60 MINUTES)

- Find an age-appropriate show or app and sneak in a little YOU (or work) time

HOMER

#HOMERathome