

Learning @ Home with **ADDITUDE**

Sample Schedule & Resources for Elementary School Students with ADHD

TIME	ACTIVITY	IDEAS AND RESOURCES	
8:00 a.m.	Start your day	<ul style="list-style-type: none"> High-protein breakfast ideas (additu.de/breakfast) 3 great breakfast ideas (additu.de/3recipes) 	<ul style="list-style-type: none"> Morning routines for kids with ADHD (additu.de/mornings)
8:45 a.m.	Physical Activity	<ul style="list-style-type: none"> Morning walk or play time in the front yard YouTube exercise videos 	<ul style="list-style-type: none"> Jumping jack and burpee challenge Movement ideas for kids with ADHD (additu.de/movement)
9:00 a.m.	Reading	<ul style="list-style-type: none"> 100 Greatest Books for Kids by Scholastic (scholastic.com/100books/pdf/Top_100_Childrens_Books_of_All_Time.pdf) Reading Rockets (readingrockets.org) 	<ul style="list-style-type: none"> K12 Reader – reading instruction resources (k12reader.com) Libby App – library access (overdrive.com/apps/libby)
9:30 a.m.	Writing	<ul style="list-style-type: none"> Study Ladder – literacy lessons (studyladder.com/games/literacy) ABCya – educational games for grades preK to 6 (abcya.com) 	<ul style="list-style-type: none"> K-12 Reader – writing and composition resources (k12reader.com/subject/composition)
10:00 a.m.	Movement break		
10:30 a.m.	History and Social Studies	<ul style="list-style-type: none"> iCivics (icivics.org) National Geographic Kids (kids.nationalgeographic.com) 	<ul style="list-style-type: none"> The Metropolitan Museum of Art (metmuseum.org/art/online-features/metkids/explore)
11:15 a.m.	Creative Time	<ul style="list-style-type: none"> 37 craft ideas by grade (scholastic.com/teachers/articles/teaching-content/37-amazing-craft-ideas) 	<ul style="list-style-type: none"> USA National Gallery of Art – lessons and activities (nga.gov/education/teachers/lessons-activities.html) Time for Kids (timeforkids.com)
12:00 p.m.	Lunch	<ul style="list-style-type: none"> DIY kids meals (additu.de/diylunch) 	<ul style="list-style-type: none"> Recipes for focus (additu.de/focusrecipes)
12:45 p.m.	Recess/Free Time	<ul style="list-style-type: none"> Sports for kids with ADHD (additu.de/sportsdl) Skill-building video games (additu.de/videogameskids) 	<ul style="list-style-type: none"> Get your kids off the couch! (additu.de/offcouch) Mo Willems live doodle (youtube.com/watch?v=RmzjCPQv3y8)
1:30 p.m.	Math	<ul style="list-style-type: none"> From the National Council of Teachers of Mathematics (nctm.org/Classroom-Resources/More-Online-Resources-from-NCTM) 	<ul style="list-style-type: none"> Khan Academy (khanacademy.org) Common Core Sheets – Math (commoncoresheets.com)
2:30 p.m.	Science	<ul style="list-style-type: none"> E-Learning for Kids (en.e-learningforkids.org/science) National Institute of Environmental Health Sciences (kids.niehs.nih.gov/activities/science-experiments/index.htm) 	<ul style="list-style-type: none"> Teacher.org – science lesson plans (teacher.org/lesson-plans/science) National Geographic for Kids – science experiments for home (kids.nationalgeographic.com/explore/science/science-lab)
3:00 p.m.	Movement break		
3:30 p.m.	Misc. Academics/Enrichment	<ul style="list-style-type: none"> Critical Thinking (scholastic.com/teachers/blog-posts/genia-connell/critical-thinking-activities-fast-finishers-and-beyond) 	<ul style="list-style-type: none"> Typing.com (typing.com) Music, art, dance lessons are available on YouTube
4:30 p.m.	Chores	<ul style="list-style-type: none"> Chores for kids with ADHD (http://additu.de/choretips) 	<ul style="list-style-type: none"> Chore chart tips (http://additu.de/chorecharts)
5:00 p.m.	Screen-Free Time	<ul style="list-style-type: none"> Activities from Screen-free.org (screenfree.org/resources) 	
5:30 p.m.	Dinner	<ul style="list-style-type: none"> Meal tips for ADHD families (http://additu.de/mealplanning) Fast, easy, healthy dinners (http://additu.de/happymeals) 	<ul style="list-style-type: none"> Stress-free dinner planning (http://additu.de/calmdinners)
6:30 p.m.	TV/Screen Time	<ul style="list-style-type: none"> Common Sense Media (commonsensemedia.org) 	<ul style="list-style-type: none"> KidLit TV (kidlit.tv)
7:30 p.m.	Family time	<ul style="list-style-type: none"> Bonding games for ADHD families (additu.de/bonding) 	<ul style="list-style-type: none"> 12 ways to build strong ADHD families (additu.de/strongfamily)
8:30 p.m.	Get ready for bed	<ul style="list-style-type: none"> 9 strategies for stress-free evenings (additu.de/easynights) 	<ul style="list-style-type: none"> Routines for morning and night (additu.de/schedule)
9:00 p.m.	Bedtime	<ul style="list-style-type: none"> Sound sleep solutions for kids with ADHD (http://additu.de/sleepdl) 	<ul style="list-style-type: none"> Tricks for an easier bedtime (http://additu.de/sleeptricks)