



Spokane Public Schools
excellence for everyone

Encouraged Daily Plan for Grades K-2

Morning Routine	Get Up and Get Ready Establish a morning routine: get dressed, eat breakfast, brush your teeth, make your bed, etc.
	Fitness and Health Time
	Reading and Writing Time (read to, read with, read independently)
	Creative Time (draw, build, craft, paint, cook, bake, play/listen to music)
	Break/Physical Activity/Snack
	Math Time
Mid-Day	Lunch Time
Afternoon Routine	Fresh Air and Fitness Time
	Quiet Time
	Exploratory Time (Science and Social Studies)
	Creative Time (draw, build, craft, paint, cook, bake, play/listen to music)
	Working with Words Time
	Family Responsibility Time
	Digital Learning Time
	Free Play
Evening Routine	Dinner Time
	Family Time
	Bedtime Routines
	Bedtime

*Please see Resources for [SPS Learning at Home](#) website for more