



**Daily Rhythm for Full Time Homeschooling and Working at Home**  
Elementary Years (Ages 6 to Teen)

As a work at home parent, you have the added responsibility of trying to manage your child's education while getting your tasks done. Routine will be your best friend. Additionally, you have to allow yourself much freedom and flexibility in how you approach your homeschool. Remember that homeschooled children do not need as many hours per day to focus on their lessons. They now have the advantaged of one on one teaching when you are working together which will reduce the time spent in total. Older children may also be using other outside resources which will allow for you to have more time to focus on your work as well.

The first thing you should do is to create a daily schedule that will work for your specific situation. We recommend either finding a three hour block during the day to focus solely on homeschooling or homeschooling in one hour intervals, providing a lesson and then allowing your child to independently learn, play, read or create. While we have always advised parents to work hard to not expose children to too much media, there may be a need for you to pick out carefully selected books on tape, educational or gentle videos, learning activities and more in order to focus on your work. Balance this the best you can with outdoor time and focused time with your child when you are working together.

We have created a sample schedule below based on the interval approach providing 4 scheduled hours for you to work. Understandably, many parents will need much more time than that to work from home. Our hope is that you will adjust this routine however best works for your family. As your child gets older, they will work much more independently and need less guidance.

Use this daily rhythm as a compass while allowing yourself the freedom to add or let go of things as necessary. Small changes will make a big difference in your home and one day does not look like the other. It is important to be flexible while doing your best to maintain a steady flow and structure for the children and yourself. Pull from the weekly lessons as necessary to create a steady flow to your days.

Depending on your child's age, they may still truly enjoy many of the verses, circle songs and content that we have included in our Early Childhood Daily Rhythm. If you have a mixed aged group, we recommend continuing the structure for the youngest one and allowing older children to modify or sit out as needed. For that reason, we will keep some of that format here with the understanding that you may choose to omit as necessary.

Our Early Childhood and First Grade curriculums offer specific content to add into your day under each category below or you may choose to use your own.

## Good Morning Song

Use this verse to open your circle. Stand together or in a ring if possible and make motions that feel comfortable and flowing to you with your body. Be consistent with the way you present these movements each day. If you are teaching only one child, you can still hold this time together facing one another.

Good Morning Dear Earth

*(hands out)*

Good Morning Dear Sun

*(hands above sun)*

Good Morning Dear Resting Stones

*(hold stones hands)*

And Beasts on the Run

*(move hands)*

Good Morning Dear Flowers

*(hands bloom)*

And Birds in the Trees

*(birds hands flying)*

Good Morning to You

*(hands out to children around)*

Good Morning to Me

*(hands folded on chest)*

## Additional Circle, Songs and Movement

*included in curriculum at [www.littleacornlearning.com](http://www.littleacornlearning.com)*

## Closing Circle Verse

The earth is firm beneath my feet,  
The sun shines bright above,  
And here I stand so straight and tall,  
All things to know and love.

## **Blackboard Drawing**

*included in curriculum at [www.littleacornlearning.com](http://www.littleacornlearning.com)*

Take time to make a simple blackboard drawing that relates to your story or verses for the week. If you do not have a blackboard, these drawings can be done on a large piece of paper. This can be done on Sunday evenings or anytime the weekend before. Keep the drawing simple and colorful, using the sides of the chalk or crayons to make the color look smooth. Cover your drawing with a silk and unveil it for the children during circle time. This will become a much loved tradition and the children will be so excited to see the drawing each week when they arrive.

## **Morning Lessons**

*choose 2-3 to work on each morning*

*included in our First Grade Curriculum at [www.littleacornlearning.com](http://www.littleacornlearning.com)*

Language Arts

Mathematics

Science, Nature Study, Earth Discovery

Social, Studies, Geography, Weather, Time

Domestic Arts/Practical Life Skills

Movement, Body Awareness & Health

## **One Hour Break**

*If your child is old enough they should continue working independently on the lessons you have provided for them this morning. Younger child can read, play, create, draw, work on educational programs, listen to books on tape, etc.*

## **Outdoor Time/Nature Walk**

## **Lunch**

*see our seasonal [childcare menus](#)*

## **One Hour Break**

*If your child is old enough they should continue working independently on the lessons you have provided for them this morning. Younger child can read, play, create, draw, work on educational programs, listen to books on tape, etc.*

### **Afternoon Lessons**

*choose one to work on in the afternoons  
included in our First Grade Curriculum at [www.littleacornlearning.com](http://www.littleacornlearning.com)*

Music  
Art  
Handwork  
Form Drawing  
Reading

### **One Hour Break**

*If your child is old enough they should continue working independently on their afternoon activity. Younger child can read, play, create, draw, work on educational programs, listen to books on tape, etc.*

### **Chores, Outdoor Time, Etc.**

### **One Hour Break**

*If your child is old enough they should continue working independently on their afternoon activity. Younger child can read, play, create, draw, work on educational programs, listen to books on tape, etc.*

### **Dinner**

### **Bedtime Blessing**

In the evening, when the dishes have been cleaned up and the children are in their pajamas bring your family together for a bedtime story and blessing. This would be a great time to reread the story of the week so it remains fresh in your child's mind. Children thrive on repetition and routine and will truly appreciate hearing a story retold. If your children are getting to the age where they are moving away from a bedtime story, use this time to reconnect by reading together in the same room, listening to music together or other quiet activities.

After your story:

Light candle with your children

Say the following blessing together or one of your own:

Bless my pillow,  
Bless my bed,  
Bless me too from toes to head,  
Bless the earth, sun and air,  
Bless the children everywhere.

**Caregiver's Meditation**

*included in curriculum at [www.littleacornlearning.com](http://www.littleacornlearning.com)*

Remember to take care of yourself. Homeschooling children is extremely rewarding but takes a lot of energy. Each day find time for quiet reflection and meditation. We have provided a weekly Caregiver's Meditation for you in our curriculum at our website. Going outdoors alone for even a few minutes a day is also very healing.