



## MY WEEKLY LEARNING ACTIVITY PLANNER

Use this to plan your weekly activities for each lesson.

Plan for Lesson #: \_\_\_\_\_

Step	Major Activities	Day/ Time
<b>1. Get Ready</b> 10 mins	<input type="checkbox"/> Download and print out the lesson workbook. <input type="checkbox"/> Read the learning goals on page 3. <input type="checkbox"/> Skim the exercises and mini-lessons to help estimate your time. <input type="checkbox"/> Get your materials and mind ready to learn.	
<b>2. Pre-Quiz</b> 3 mins	<input type="checkbox"/> Take the quiz. This may seem like learning backward but taking a quiz before learning primes your brain.	
<b>3. Absorb</b> 30 mins	<input type="checkbox"/> Watch the video lesson. <input type="checkbox"/> On the same day, read the workbook. <input type="checkbox"/> Complete the retrieval exercise. <input type="checkbox"/> Think about how to apply these ideas and concepts.	
<b>4. Go Deeper</b> 30-60 mins	<input type="checkbox"/> Review the exercises. <input type="checkbox"/> Start preparing for the activity or conversation. <input type="checkbox"/> Check out and read the bonus content	
<b>5. Learning Activity</b> 15-30 mins	<input type="checkbox"/> Lead the learning activity with your kids. <input type="checkbox"/> Do the exercise to accomplish a progress step. <input type="checkbox"/> Turn these into ongoing actions that support learning.	
<b>6. Review</b> 10 mins	<input type="checkbox"/> Take the short quiz again to get feedback and boost memory. <input type="checkbox"/> Review the major points. <input type="checkbox"/> Review and complete your checklist. <input type="checkbox"/> Celebrate!	

Times are approximate – the time you choose to spend may be different.

## Review of Learning Principles

*These are reminders on how to complete the six steps for each lesson. Let these help you develop a comfortable rhythm for learning.*

1. **Prepare for the week.** Download the materials and skim them. Use your table of contents to see what readings and exercises you have for the week. Since you will lead the exercises, looking through them helps you estimate the time you will need to do them. Look at the mini-cases in the readings and note which ones you might want to do. Print those materials you need and place them into your Leader's Guide binder so you can use them.
2. **Complete the Pre-Quiz just before the video.** The quiz heightens your attention you then channel into learning from the video lesson. Suspend your desire to do well on the quiz – remember this is not a test, you are preparing yourself to learn.
3. **Watch the video and read your workbook the same day.** The workbook supports and expands on the concepts in the video. Don't place too much time between watching and reading because you may lose key ideas and continuity. The workbook has clear directions, so follow them if you can. The retrieval exercise is important for your learning. Don't skip it.
4. **Do your exercises and activities the next day after** you watched the video lesson. Of course, you can do them all in the same day if you want but putting a little space in between activities is not only convenient, but it is also better for learning!
5. **Prepare before your workshops.** Some of the exercises, like the Amazing Brain, are workshops you lead with the family. These are fun, but with a serious learning purpose. Spend time preparing before starting them. Picking the right time where there is high people energy helps you have a better meeting.
6. **Check out the bonus readings in each lesson.** These provide greater depth on the topics. While you can skip over them, they provide lots of great ideas for you. Develop the habit of reading them midweek.
7. **Every lesson has an activity with your kids.** These help you practice; this is where you *apply* the ideas to your homeschooling. You can do this later in the week after you have time to explore and think about the lesson.

My Notes:

