



Daily Rhythm for Full Time Homeschooling

Elementary Years (Ages 6 to Teen)

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.

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 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

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

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

Language Arts

Mathematics

Science, Nature Study, Earth Discovery

Social, Studies, Geography, Weather, Time

Domestic Arts/Practical Life Skills

Movement, Body Awareness & Health

Morning Snack

see our seasonal [childcare menus](#)

Eat family style and help one another cut, chop and pass food. Light a candle, hold hands and say the following blessing.

Blessings on the blossoms,
Blessings on the roots,
Blessings on the leaves and stems,
Blessings on the fruit.

Outdoor Time/Nature Walk

Lunch

see our seasonal [childcare menus](#)

Meals same as snack time with family style and blessing.

Afternoon Lessons

*choose one to work on in the afternoons
included in our First Grade Curriculum at www.littleacornlearning.com*

Music
Art
Handwork
Form Drawing
Reading

Afternoon Snack

see our seasonal [childcare menus](#)

Meals same as snack time with family style and blessing.

Chores, Outdoor Time, 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

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.