

At Home Daily Schedule (Recommendation)

日活动安排表（推荐）

Class	Date
Puppy Class	Monday, February 17 th -Friday 28 th

Language	English Day	English Day	Chinese Day	Chinese Day	English Day
时间 Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	生活 Self-service training	生活 Self-service training	生活 Self-service training	生活 Self-service training	生活 Self-service training
9:30-10:00	运动 PE (gonoodle)	体育 PE	运动 PE (gonoodle)	运动 PE (gonoodle)	运动 PE (gonoodle)
10:00-10:30	学习活动 Learning Time (Theme)	体育 PE	图书时间 Library (reading)	自主学习 Learning Time (APP)	学习 Learning Time (Theme)
10:30-11:00	音乐 Music	学习活动 Learning Time (Theme)	学习活动 Learning Time (Theme)	自由活动 Free Choice Activity	自由活动 Free Choice Activity
11:00-11:30	自由活动 Free Choice Activity	自由活动 Free Choice Activity	自由活动 Free Choice Activity	学习活动 Learning Time (Theme)	自主学习 Learning Time (APP)
11:30-12:15	午餐 Lunch	午餐 Lunch	午餐 Lunch	午餐 Lunch	午餐 Lunch
12:15-12:30	观察动植物 Plants/animals (At home)	睡前阅读 Reading (home story book/PDF)	观察大自然 Nature observation (through the window)	睡前阅读 Reading (home story book/PDF)	睡前阅读 Reading (home story book/PDF)
12:30-14:30	午睡/休息 Nap/Rest Time	午睡/休息 Nap/Rest Time	午睡/休息 Nap/Rest Time	午睡/休息 Nap/Rest Time	午睡/休息 Nap/Rest Time
14:30-15:00	点心 Snack	点心 Snack	点心 Snack	点心 Snack	点心 Snack
15:00-15:30	图书时间 Library (Story)	自主学习 Learning Time (APP)	瑜伽 Yoga	瑜伽 Yoga	瑜伽 Yoga

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板块 Area	内容 Content	温馨提示 Tips & Resources
生活 Self-service training	Hands, Teeth, & Temperature 洗漱&测量体温	Wash with soap and warm water 使用肥皂和温水洗手 Wash front/back of hands and under fingernails 清洗手心、手背和指缝 Brush teeth for 2 minutes 刷牙 2 分钟 Take temperature 测量并记录体温
音乐 Music	Singing, using instruments 唱歌、使用乐器	Materials can be anything! Be creative! Pots and spoons can turn into drums, a plastic bottle with rice inside can turn into a shaker. 任何材料都可以用！发挥你的创造力！锅和勺可以当成鼓，塑料瓶里装些米就变成了小沙锤。 Teacher Elaine will lead the children during music time. Please do check a music video on Wechat works. 老师将在音乐时间带领孩子们一起进行音乐活动。请查看微信上的音乐视频。
学习活动 Learning Time (theme)	art, math, science, writing 艺术、数学、科学、书写	Use hands on, interesting activities to incorporate subject content into daily learning. Activities should vary according to your child's age. You can do these activities using English or Chinese. 动动小手，让丰富有趣的活动融入到日常学习中，活动应根据孩子的年龄而有所不同。你可以在这些活动中使用英文或中文。
运动 Physical Activities	Inside Play 室内活动	https://family.dgonoodle.com/ Participate with your child in physical movement. You can use resources like GoNoodle to help guide you or you can be creative and create your own activities such as an indoor obstacle course. 和孩子一同加入身体锻炼。 你可以在“GoNoodle”等网站中找到资源，或者大胆创造属于自己的活动，比如在室内进行障碍练习。 For PE lessons on Tuesday, Teacher Peng Peng will provide videos for children for their PE lessons.

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		周二的体育课，彭彭老师将会为你的孩子提供一个运动指导视频。
阅读 Reading	Books (physical copies or online) 书本	<p>https://www.getepic.com/promo</p> <p>Allow some independent time for your child to read/look at books by themselves. Then read to your child or ask your child to read to you. Be sure to ask comprehension questions according to your child's age. Such as: What happened first, next, last? Why do you think the girl was sad? Be sure to ask both literal and inferential questions.</p> <p>给孩子提供独立的阅读空间。为孩子阅读或请孩子为你来阅读。请围绕故事提出一些适合孩子年龄的问题，如：首先发生了什么？接下来……，最后……？为什么你认为女孩伤心呢？提问时请注意字面理解和有推理性的问题。</p> <p>Monday reading time, Teacher Choli will either upload a video or she will read a story for children on wechat live.</p> <p>周一的阅读时间，Choli 老师将会上传视频，或者在微信上为孩子们现场朗读故事。</p>
自由活动 Free Choice Activity		<p>Allow your child to choose an activity. Use this time to talk to your child about what they are doing. Ask open ended questions such as: What will happen next? Why did you do that? Encourage your child to give reasons and use 'because'</p> <p>支持你的孩子去选择一项活动。利用这段时间和孩子讨论他/她正在做的事。提出开放性的问题如：接下来会发生什么？为什么你会这么做？鼓励孩子给出理由，使用“因为……”回答问题。</p>
午餐 Lunch		<p>Wash hands 洗手</p> <p>Allow your child to participate in the preparation of lunch. Let them stir, cut, etc. (with child friendly materials)</p> <p>让孩子参与午餐的准备。他们可以参与拌一拌、剪一剪……（使用适合儿童的工具）</p> <p>Discuss the with your child what they are eating and how it affects their health</p> <p>让孩子参与午餐的准备。他们可以参与拌一拌、剪一剪……（使用适合儿童的工具）</p>
午睡/休息 Nap/Rest Time		
点心 Snack		Wash hands 洗手

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		<p>Allow your child to participate in the preparation of snack. Let them stir, cut, etc. (with child friendly materials)</p> <p>让孩子参与点心的准备。他们可以参与拌一拌、剪一剪……（使用适合儿童的工具）</p> <p>Discuss the with your child what they are eating and how it affects their health</p> <p>和孩子讨论他们吃了什么以及这些食物对健康有哪些帮助。</p>
自主学习 Learning Time	Fortune of Learning APP for Kids 海富乐园 APP	<p>Sit with your child when they are using the Fortune of Learning APP. This will ensure the quality of their interaction with the APP and allow you to have knowledge of what they are doing. This will help you to be better equipped to ask them follow up questions regarding their learning.</p> <p>当孩子正在使用海富乐园 APP 时，请陪伴在他们身边。这将有效提高在线学习的质量，了解孩子的学习进度，有助于你更全面的认识关于他们所学的内容。</p>
瑜伽 Yoga		<p>Choose a move from the Fortune Yoga PDF provided and practice it with your child.</p> <p>从海富提供的瑜伽文件中选择一个动作，和你的孩子一同锻炼。</p>

Circle Time Live		
Time	Group	Kids
10:00-10:15	Group 1	
10:20-10:35	Group 2	
10:40-10:55	Group 3	
11:00-11:15	Group 4	

***Quality at home learning comes from meaningful interaction and guidance. Children need adults (or older siblings) to guide them while learning at home.**



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高质量的家庭学习源于有意义的互动和指导。孩子们需要成人（或年长的兄弟姐妹）在家中学习时给予的指导帮助。