



AT-HOME LEARNING

A Free Resource from UNC-TV Public Media North Carolina

Suggested Daily Learning Schedule for PreK - Second Grade

For more At-Home Learning resources, including lesson plans, broadcast schedules, UNC-TV's Kids eNewsletter and more, visit unctv.org/ahl.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	Breakfast / Get Ready				
	<i>Suggested Shows for English Language Arts:</i> Molly of Denali The Cat in the Hat	<i>Suggested Shows for Math Learning:</i> Peg + Cat Curious George	<i>Suggested Shows for Science Learning:</i> Nature Cat Wild Kratts	<i>Suggested Shows for Social Studies Learning:</i> Let's Go Luna! Xavier Riddle	<i>Suggested Shows for Arts and Social-Emotional Learning:</i> Sesame Street Pinkalicious & Peterrific
9:30	Visit PBS LearningMedia for free PBS KIDS standards-aligned videos, lesson plans, and other resources about math, English language arts, social studies, science, and social-emotional learning.				
10:00	Play: Create a Refrigerator Calendar	Play: Pin the World on the Target	Play: Make Your Own Nature Track	Play: Make a Biosketch Booklet	Play: Make a Memory Book
10:30	Reading time: For recommended books by age or category, check out the ALSC summer reading list or Scholastic's book lists .				
11:00	Break: Use this time to relax and play outside (if weather permits).				
11:30	Creativity time: Imagine your perfect day. What would it look like? Write or draw what you would do and discuss why.	Creativity time: Look around your house, what shapes do you see? Describe the items and their shape.	Creativity time: Imagine you are a scientist. What would you invent and what would your invention do?	Creativity time: If you could interview any U.S. president, who would you interview and what would you ask him?	Creativity time: Write or draw your favorite family memory. What happened? Who was there?
12:30 PM	Lunch: Play music or listen to an educational podcast together. If your child likes science and technology, listen to Wow in the World . For storytelling, listen to Stories Podcast or Circle Round . And to learn about music, listen to Noodle Loaf .				
1:30	English Language Arts: Browse standards-aligned ELA resources on PBS LearningMedia .	Mathematics: Browse standards-aligned math resources on PBS LearningMedia .	Science: Browse standards-aligned science resources on PBS LearningMedia .	Social Studies: Browse standards-aligned social studies resources on PBS LearningMedia .	The Arts: Browse standards-aligned art resources on PBS LearningMedia .
2:30	Free time: Relax, go outside, work on hobbies or spend time together as a family. Watch PBS KIDS programming or play with the PBS KIDS Game App, as needed.				
...7:00	Lights out! Time for bedtime routine.				

Curriculum-informed programming for grades 4-12 airs Monday through Friday, 8 AM-6 PM, on the North Carolina Channel. Tune in on air or stream at unctv.org/ahl.

