

Behavior Support Resources



Implementing
Schedules and
Breaks

Set Realistic Expectations

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
PreK	20 minutes/day	60 minutes/day	3-5 minutes
K	30 minutes/day	90 minutes/day	3-5 minutes
1-2	45 minutes/day	90 minutes/day	5-10 minutes
3-5	60 minutes/day	120 minutes/day	10-15 minutes
6-8	Class: 15 minutes/day Total: 90 minutes/day	Class: 30 minutes/day Total: 180 minutes/day	1 subject area or class
9-12	Class: 20 minutes/day Total: 120 minutes/day	Class: 45 minutes/day Total: 270 minutes/day	1 subject area or class

- Follow a schedule
- Work for short periods
- Allow breaks and movement
- Stay Organized
- Stay Positive

Give yourself
Flexibility, Compassion, & Grace

Develop a Schedule

Create a schedule that works for your family

It may be highly structured, it may be a loose outline

Identify work time, break time, free time, etc.

TIME	ACTIVITY
8:00-9:00	Breakfast
9:00-9:30	Reading Activity
9:30-10:30	Free Time
10:30-11:00	Math Activity



1. Planning, Structure & Organization

[Working from home tips for families](#)

Schedule Templates:

Day of week:	Activity	Morning Options (only use each option once)	Afternoon Options (only use each option once)
8:00-9:00			
9:00-10:00			
10:00-11:00			
11:00-12:00			
12:00-1:00			
1:00-2:00			
2:00 -3:00			



1. Planning, Structure & Organization

Day of week:	Activity	Evening Options
3:00-4:00		
4:00-5:00		
5:00-6:00		
6:00-7:00		
7:00-8:00		
8:00 -9:00		



1. Planning, Structure & Organization

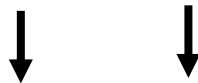
Day of week:	Name	Name	Name	Name	Morning Options (only use each option once)	Afternoon Options (only use each option once)
8:00-9:00						
9:00-10:00						
10:00-11:00						
11:00-12:00						
12:00-1:00						
1:00-2:00						
2:00-3:00						
3:00-4:00						
					Evening Options (only use each option once)	
4:00-5:00						
5:00-6:00						
6:00-7:00						
7:00-8:00						
8:00-9:00						

Free Schedules

[FL PBIS Schedules](#)

[Visual Schedule](#)

Resources



[8 Tips Working at Home with Kids](#)

[Working and Learning from Home](#)

Allow Breaks and Movement

Provide short breaks during academic times

Use a timer for work time and break time

"I 'm going to set our work timer for 15 minutes. Let's get these last few problems done and then we can take a break."

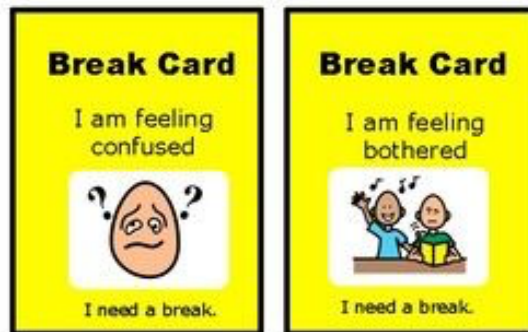
Schedule movement and exercise between work time

If needed use a break card

Break Cards

Allow your child to ask for breaks as needed

If needed provide a visual to ask for a break



Ask if they need a break if they seem frustrated

Don't push through frustration! *It's okay!*
Take a break!

Can I have
a break?

Can I have
a break?

Can I have
a break?

Can I have
a break?

Print and cut for an easy and simple
break card!

Movement and Scheduled Exercise

Movement Websites

- [GoNoodle](#)
- [YouTube Channels](#)
- [Stand Up Kids](#)

Schedule time to run & play!

Use simple exercises to help burn off energy

- Jumping jacks
- Skip
- Pushups
- Sprint
- Walk Backwards
- Crawl

Stay Organized

Keep all school materials in one central location

Keep all school work sorted


Use completed work folders

Review what needs to be completed for the day

Create a checklist of daily activities

✓	Exercise
✓	Read 20 mins.
✓	Math worksheet
✓	Reading worksheet

[Free Checklists](#)



**As always reach
out if you have
any specific
needs or need
more
information.**

**We are here for
YOU!**