

My Daily Homeschool Rhythm

Check each block as you go · short lessons, real breaks

Date:

Child / grade:

☐

Morning start

Breakfast, read-aloud, calendar and weather

☐

Math

Review → teach one thing → practice together → try alone

☐

Break

Snack, move, go outside

☐

Reading

Phonics or a reading lesson, then read together

☐

Writing

Copywork, a few sentences, or a short narration

☐

Lunch & outside time

A real break for everyone

☐

Extra

Science, history, geography, art, or music

☐

Independent reading

Quiet time with books

☐

5-minute log & tidy

Fill in the box on the right, put things away

Today's 5-minute log

Subjects we did

Lessons or pages

What went well

Change for tomorrow

Hard day?

- ☐ Take a break outside
- ☐ Switch to a read-aloud
- ☐ Do a minimum day: math + reading
- ☐ Try again tomorrow

Tomorrow's plan

Keep lessons short. Young children do best with brief, focused lessons and real breaks in between.

My First Week, Day by Day

Add one thing each day · aim for a good day, not a perfect one

DAY 1 Short and fun

- ☐ Morning read-aloud
- ☐ One short math lesson
- ☐ One short reading lesson
- ☐ Set up our learning spot together
- ☐ End early on a good note

How it went: _____

DAY 2 Add writing

- ☐ Math and reading again
- ☐ Add a short writing task
- ☐ Start the 5-minute daily log

How it went: _____

DAY 3 Add one extra

- ☐ Science read-aloud or a simple experiment
- ☐ Notice when my child focuses best
- ☐ Keep lessons short

How it went: _____

DAY 4 Try working alone

- ☐ History or geography with a book or map
- ☐ One 10–15 minute independent task
- ☐ Break when attention drops

How it went: _____

DAY 5 Light day and look back

- ☐ Math review and free reading
- ☐ Library, park, field trip, or co-op
- ☐ What worked this week?
- ☐ What will we change next week?

Notes: _____

WEEK 2 Keep the rhythm

- ☐ Keep the same daily rhythm
- ☐ Add one new subject or activity this week: _____
- ☐ Our best time of day for lessons: _____

Notes for next week

