

# KEEP LEARNING CHECKLIST

Ways to ensure learning is happening while you are at home.



**1**

## ACTIVE LEARNING TIME

**At least 30 minutes of engaging learning**

This can be working on an online program, watching an educational documentary, playing an educational game, etc.



**2**

## READING TIME

**At least 20 minutes of reading time**

This can be quiet reading time, group reading, or read-aloud time. Audio books also count towards reading time!



**3**

## CREATIVE TIME

**At least 1 hr of creating**

This can be art, building, writing, inventing...whatever it takes to get the sparks going.



**4**

## GET MOVING

**At least 30 minutes of moving**

Go outside, if possible. Take a walk, ride a bike or run laps in the yard. If going outside isn't possible, get your heart rate pumping indoors. Have a dance party or try an exercise video.



**5**

## GET CURIOUS

**Ask a question and find the answer**

Learn something new by finding out something you don't know. How many moons does Mars have? Do elephants sneeze? Use google and find the answers together!

