

REMOTE LEARNING RECOMMENDATIONS

The following recommendations and guidelines are suggested as minimum and maximum times of engagement for each student in remote learning activities.

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

For more information, please visit the Illinois State Board of Education's [Remote Learning Recommendations](#).

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Teachers are encouraged to give additional optional work, engagement opportunities, and enrichment opportunities (e.g., independent research projects) as long as it is made clear to students and families that the work is optional and will not negatively impact a student's grade.

Mind	Body	Spirit	Environment	Family
<ul style="list-style-type: none">• Reading (Independent reading, listening to someone else read, audiobooks)• Puzzles, word searches• Write a story• Keep a journal• Draw a map of your neighborhood• Build something REALLY COOL with Legos or blocks• Listen to a podcast• Watch a documentary	<ul style="list-style-type: none">• Take a walk• Dance• Exercise• Fine/gross motor skill activities• Stretch or do yoga• Play a sport	<ul style="list-style-type: none">• Listen to music or sing• Playing (inside or outside)• Creative arts• Coloring or drawing• Imaginative play• Meditate• Do something you've been avoiding	<ul style="list-style-type: none">• Clean your room• Help with chores• Gardening• Fix something broken• Take care of pets or plants• Cook or bake something	<ul style="list-style-type: none">• Write a letter to someone• Play board games with a family member• Tell jokes or riddles• Build a fort and tell stories in it• Offer to help someone

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