What Kind of School Day Is This?

Choose the plan that fits the nervous systems in front of you today.



FULLER LEARNING DAY

More available capacity

- [ ] Reading or language
- [ ] Math
- [ ] One shared subject
- [ ] Movement + outside time

LIGHTER LEARNING DAY

Protect connection

- [ ] Read together
- [ ] One small math task
- [ ] Interest-led learning
- [ ] Finish before fatigue increases

REST AND REGULATE DAY

Regulation supports learning

- [ ] Food + water
- [ ] Connection without demands
- [ ] Audiobook, documentary, or play
- [ ] Rest and restore

"And all thy children shall be taught of the Lord."

ISAIAH 54:13

Our Day, Our Way

A gentle plan with room for changing bodies, brains, and needs.

BEGIN WITH CONNECTION

PREPARE THE BODY

Water food medication bathroom movement

FIRST LEARNING BLOCK

The one learning priority we want to protect today

REGULATION BREAK

Heavy work outside swing snack quiet music

SECOND LEARNING BLOCK

Short, supported, and adapted as needed

CLOSE THE DAY

Notice what happened, not only what was finished

"To every thing there is a season."

ECCLESIASTES 3:1

Learning Still Happened

A record for days that did not resemble the lesson plan.

WHAT WE READ, HEARD, WATCHED, OR TALKED ABOUT

WHAT THEY BUILT, MADE, NOTICED, OR ASKED

LIFE SKILLS THAT ABSOLUTELY COUNT

WHAT HELPED THEIR BODY OR BRAIN

ONE THING I WANT TO REMEMBER

"Teach me good judgment and knowledge."

PSALM 119:66