Supporting Student Engagement when Learning from a Distance

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
Pre-K	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 min /day Total: 90 min /day *–all classes*	Class: 20 min /day Total: 120 min /day *–all classes*	1 subject area or class (15-20 minutes)
9-12	Class: 20 min /day Total: 120 min /day *–all classes*	Class: 30 min /day Total: 180 min /day *–all classes*	1 subject area or class (20-30 minutes)

We also encourage teachers to provide additional optional work, engagement activities, & enrichment opportunities for those students/families who desire this:

- as long as it is clear to students and families that this is optional
- for younger children to have more activities that are developmentally appropriate considering shorter attention spans
- students & families are encouraged to support academic skills and social-emotional health through activities they enjoy (that extend beyond the lessons provided by teachers)

Suggestions for Additional Activities

(These are some possible ideas - could add others that interest your family)

Mind	Body	Spirit	Environment	Family
-Reading, independent reading, listening to someone else read, audiobooks -Puzzles, word searches -Write a story or keep a family journal -Count money -Draw a map of the area around where you live -Build with blocks or Legos -Listen to a podcast -Watch a documentary -Invent something -Practice another language	-Take a walk -Dance -Exercise -Yard games -Stretch or do yoga -Wii Games -Play a sport	-Listen to music or sing -Play an instrument -Playing (inside or outside) -Creative arts or craft activities -Coloring or drawing -Imaginative play -Meditate -Do something you've been avoiding	-Clean up your room -Do age-appropriate chores -Gardening -Fix something that's broken -Take care of pets or plants -Cook or bake -Make maple syrup -Rake leaves	-Write a letter or note 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