

How to Build Your
Mom School
Block Schedule System
with A Cotton Kandi Life

A Complete Guide & Workbook from
The Project Block System™

Workbook Guide

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Welcome!

Hello Moms, and WELCOME to Mom School. My name is Kandice Kelso and I'm guessing you know a bit about me if you're reading this book.... But a quick refresher: I have a master's degree in Behavioral Management {Psychology} with an Endorsement in Special Education. I taught Kindergarten and Special Education for a limited time before deciding to open my own business and become a WAHM.

I now write two blogs, this parenting blog, A Cotton Kandi Life and my professional Wedding Planning blog, Green-Eyed Girl Productions. Both blogs teach women how to become more efficient, achieve their goals faster and build effective lifestyle strategies using, The Project Block System.

In this workbook we're going to teach you how to build and design your own Mom School Block which exists inside your very own Project Block System and Block Schedule.

What is a Block Schedule?

Before we begin let's first reiterate the goal of this Workbook and how it "builds" a Block. When I refer to a Block Schedule, I am referring to a technique where one *Blocks* her time into focused work sessions. Typically, Blocks are 1-Hour each, divided into multiple Projects or Processes. A Block can have 4 x 15-Minute Projects, 3 x 20 Minutes each or any combination of Projects inside a Blocked Hour. A Workout Block can have a 10, 20, 15, 15 for example.

The Project Block System

The Project Block System is the strategy by which you organize the time inside your Block as well as which Blocks follow each other throughout your day. Inside of your Block hour, you'll build a System that is consistent every day, improving your efficiency as you go. It takes time and practice, but eventually you'll have your Projects running so Systematically through the Block you won't even have to look at a clock. You can capitalize on your time, achieve your goals and have time to spare at the end of the day.

The Mom School Block

In another Workbook, for another day, I teach you how to build a complete daily schedule divided into Blocks of time. Each will have its own set of rules, routines and lists. Your efficiency increases when you learn to focus only on the one Block's Projects while you're inside of it. This Workbook is for ONE Specific Block among the many different Blocks you might have. It is called the Mom School Block.

The Mom School Block is a dynamic Block in that it happens daily, but the Project Systems have an alternating schedule. You've seen this before, in High School where the bell rings and you have 10 minutes to get into another Block. This is just like that. We do a subject for an hour, the bell rings, we stop that subject completely, leave the room if you must, and transition into a completely different subject. Each Mom School Block is a part of a much bigger picture, which is your Mom School itself.

Mom School is OPEN!

Congratulations, you're opening a Mom School. Enrollment is limited, but you're officially accepting students, mainly and explicitly your own. Your reasons for opening a Mom School might vary. You might have preschoolers at home whom you want to be ready for Kindergarten or you might be ready to take the plunge and homeschool. Full disclosure: I do not homeschool. My kids attend public school during the regular school year. We use Mom School during the summer or in extended break situations. Regardless of your reasons, you've got to establish a school environment in your home before you can even build a schedule with Blocks. Fortunately, I'm going to walk you through that too...

Step 1 | Establishing a Classroom Structure

The first thing you must consider is what your Learning Environment will look like. Where will you be teaching and how will your students be learning? These questions sound simple enough until you have supplies, papers, and books spread across your house. In our house we have THREE main Learning Environments which are also called "Prepared Environments" and are set up specifically for learning.

READ MORE: [*How to Establish your Mom School Classroom*](#)

I talk about these areas a lot more in this blog post ^^ about setting up your house for success.

Organizing your Mom School Classroom breaks down into 3 basic idea structures; Deciding **WHERE** you will teach, **HOW** you will teach and **WHEN** you'll be teaching. The "what" to teach is another post, for another time. But for now, in this post, I'll walk you through the Where, How and When that build your structure for a Mom School Classroom.

Mom School Classroom | WHERE

There are several areas within our house that I have built to be educational, Prepared Environments. These are the WHERE for our Classroom structure and where learning will happen. Inside a traditional classroom, you can easily identify areas for learning when you walk in. Those areas are not as obvious in a home as the rules are different and more relaxed. Plus, those same areas may have more than one set of rules throughout the day.

Prepared Environments

In your home your dining room table might serve as a desk in the morning, allowing elbows all over it. Whereas during dinner, your elbows on the table would be against the rules. Training

kids to regulate themselves between rule changes is a big ask, the younger they are. Therefore, we try to make our Prepared Environments as unique as possible. Often, your entire house or property becomes a giant classroom... In our home we utilize three main Prepared Environments that are completely unique to the rest of the house:

The Mess Mat

A free-moving, designated area for creative & sensory play. It provides a structure with expectations, behavioral concepts, and free choice play. The Mess Mat is home to all of our toys and houses the Toy Rotation. Anything and everything can happen inside The Mess Mat so long as it stays within the Environment's rules. Our literal Mess Mat began as a Dollar Tree shower curtain because toddlers make a literal mess during sensory play. I could just pick it up and shake it outside. I also liked that I could move the mat around our entire house or onto the porch. Our main rule being, "The Mess STAYS on the Mat" which we trained the boys at a very young age. As the boys got older, I taped the mat {still a shower curtain} down with masking tape to hold it in place. Now that they're 5 and 6, we just have the masking tape and no shower curtain. This one corner of our house will forever be the safe place to play and make a mess. What is even better is that the mess always {usually} stays in this one spot. [Read all about The Mess Mat HERE.](#)

READ MORE: [Good Morning Mess Mat {Building Toddler School Routines}](#)

READ MORE: [Sensory Play](#)

See what we're doing & follow us every morning on Instagram! [#TheMessMat](#)

The Literacy Corner

Literacy Corners are designed to promote reading and self-guided discovery. Do you know why they display cereal boxes for kids face out in the grocery store? You guessed it, they are more attractive and DESIGNED to grab their attention. Can you imagine how much less cereal would sell if they were stocked with their nutritional columns facing out? No bright colors, no big character faces inviting their interest. Pretty boring right? Well, the same thing might be happening with your child and books. In 2001 this really awesome man named Jim Trelease [{Literacy Expert and Author of The Read-Aloud Handbook}](#) suggested using rain gutters to display books in your classroom or even home. Read the results of his study and research [HERE](#) where 100% of the people surveyed reported an increase in reading enthusiasm among their children and students.

I am a HUGE campaigner for Literacy Corner installation, and I must admit that when I asked my husband to install rain gutters in my nursery before Cash was born he looked at me a little funny! However, with them displayed this way Cash can see them all. We have conversations where he asks me to "reach" a top shelf book for him, where he may have just skipped over it had he not been able to see the cover.

READ MORE: [*Literacy Corners that Inspire Reading*](#)

The Teaching Table

One of my favorite furniture gifts is our little Teaching Table. It has moved around our house but eventually settled in front of our living room window. I think the sun helps their little minds grow. We do all our table work here as well as lessons on Science, Social Studies and Writing. It has even evolved into our elevated Mess Mat on occasion. You can find my little table and more furniture in the post below on setting up your classroom:

READ MORE: [*How to Set Up your Home School Classroom for Pre-K Kids*](#)

Mom School Classroom | HOW

All three areas mentioned above that build our classroom structure are Prepared Environments. **But what makes them “PREPARED” Environments exactly?** A Prepared Environment has everything needed for learning in one identified space.

Manipulatives

Any small, handheld learning tools and toys are called Manipulatives in the education word. They can range from magnetic letters to pom-poms and seashells. Anything a child can pick up and ‘manipulate’ in a situation. Perhaps they’re counting, measuring, sorting, stacking, etc. Kid-friendly manipulatives inspire discovery and thought through Student-Lead Learning. “Now that it’s in my hand, what can I do with it?” They are designed to promote learning at the child’s level. In a Prepared Environment, all materials are stored in small containers kids can reach and open themselves. They do not need adult assistance to access manipulative based learning. However, like all areas of your classroom, manipulatives have rules too. In our house they live on The Mess Mat and our rule is: One Mess out at a Time.

Teaching Tools

Quick question: When you teach do you plan to sit or stand? Probably a little of both. If you have little kids, you might be on the floor a lot more than you originally thought. You might even want one of those Plyo-Balls to sit on during the day... Think about you as a teacher and what you’re going to need daily for teaching. You’re going to need supplies, dry erase boards, flashcards, highlighters and workbooks. All these items are not manipulatives and aren’t meant for kids to access. Therefore, not you also need a place to store them out of reach, or within reasonable reach.

READ MORE: [*Dollar Tree Bulk Buys for Summer School*](#)

Organizers

That brings me full circle back to organizers. What on Earth are you going to keep everything in? You’re going to need some sort of system for organizing all your supplies. I am partial to

clear totes, towers and zipper bags. But I highly encourage you to start by using what you already have around your house before you spend a bunch of money. Many times, I've thought one way would work and eventually changed things. Until you love the way something works, avoid spending money to make it cute or pretty. Focus on efficiency first.

READ MORE: [*My Amazon Classroom Supplies List*](#)

Complete Learning Experiences

We use each Prepared Environment to learn content in focused Blocks throughout the day. This practice stems from the idea of dedicating all one's focus on one thing for a specific amount of time. This Block scheduling combined with manipulatives in small containers means that we can focus play on one concept, close the lid and move on to another with high efficiency and intent. Learning ends when a lid is closed on a subject and begins again when another is opened. Complete Learning Experiences occur through these steps: Discovery, Guided Instruction, Independent Practice, and Application.

Scaffolding

Literal scaffolding is the structure of supports you see around a building. It helps guide builders with a visual outline of what their final project should look like at the end of their efforts. They could never reach or build the top of their goal without the scaffolding to support them. The same is true for Complete Learning Experiences. Students must learn how to walk before they can travel from one place to another. Likewise, students must be taught HOW to learn, before learning can be achieved. Whoa! Mind blow, I know. Sorry, I got a little college degree on you.

Starting a learning experience at a specific time, with a specific end time gives us the scaffolding for Complete Learning Experiences. We know what must happen inside each Block of time. With consistent structure to every Block, or strong literal scaffolding from which it is built, students find comfort in predictability.

Discovery Learning

Most often this part of the Block looks like a warm-up activity. It can be a game, a sensory bin or even a workbook. We LOVE Dollar Tree Workbooks. They're all written a little different so there are a lot of new strategies introduced often. Discovery Learning has no adult guidance and is completely student lead. If you read my Morning Mess Mat Routines, which is purely Discovery driven, you can see how parents provide Discovery opportunities. You want the students to learn how to drink, but you don't show them how {yet} you just lead them to water and see if they discover it on their own. If they don't you can cover that later in Guided Practice.

What we love about Discovery Learning is how you can let kids determine the way you go. Maybe you thought you'd be teaching kids to drink water once they discovered it. But instead, it turned into a lesson on buoyancy because the child was curious about how things float.

Mom School Tip: *Discovery Learning can throw your well-made plans off course if your kids don't discover what you thought they would. I recommend spending an entire day with young kids, or even a week working on Discovery*

Learning. Just that, yes. THEN, you'll know what they want to learn before you build a bunch of lessons for guided practice.

Guided Practice

This is the heart of Mom School to me. These are the Lesson Plans that move our babies through their goals, day after day. I admit, sometimes it is a HUGE struggle to work with your own kid in a guided, educational way, but with proper scaffolding you can do it. **I believe in you!** We'll dive into Lesson Plans a little bit later.

Students need to know when their focus for guided instruction begins and ends, giving them the ability to pay attention more consistently within the Block. As I'm teaching my boys now, 5 and 6 years old, they ask me exactly, "Now how long is this Lesson? {Block} Okay, I can do this!"

An established end time motivates kids to work hard and conquer each block the best they can. As kids get older, within this structure, they're more capable of achieving goals on their own because they can structure their workload. This is also the EXACT time of my Blocks that Cash tells me he needs to go to the bathroom. I swear he waits for the first timer beep of every Block... [#inthethickofSticky](#)

Independent Practice

This part of the Block is where your kids take what they've learned in your Guided Practice Lesson Plan and keep working on their own. This part of the Block might look like a game, a secondary worksheet or an individual project where they experiment with the skills you've just given them. I prefer to walk away during this time. I've just given my boys intense instructions, and they just want some time to dive into their new smarts. If they get stuck, I can walk back to them and help. Honestly, I vacuum during this time. I think the white noise helps us all adjust and process the previous 15-minutes.

Application & Assessment

This is the part of all learning most people dread, assessment. Really, it is a time where you can apply your new skills or education to prove you've mastered it... yep, testing. The never talked about Sticky side of mom school that you never see in those pretty Instagram pictures. But you know moms are doing it and kids are struggling. Great news! Every Application doesn't have to be a test! It could be a celebration or even a friendly competition your kids get excited about.

All you need to achieve your assessment is proof that a student can apply their knowledge in each situation. Done. No tests that they know is a test or feels like a test. When you're writing your Lesson Plans, I have a great strategy for this, A Pre-Test and a Post- Test.

For example: We recently we began subtraction in math. I ran Cash through a stack of 25 flashcards to see how many he could get in 2-Minutes as a pre-test. He was excited to do it and there was no set number he had to get to pass, so there was no pressure. He only knew about 12 cards. 2 weeks later he knew 22 of 25 in the same 2-minutes. That is Application and assessment. This is as simple as it can be. All you need to know is where they were when they

started and where they are when you end. Those 3 flashcards he didn't know at the end of our weeks will go right on top for our next 2-week unit.

MOM SCHOOL TIP: *No Assessment should take longer than 15-minutes for young kids unless it is fun and interactive. If you attempt to assess for more than 15-minutes their attention span will not merit an accurate assessment. If you must, break it up over multiple days or Blocks. **More on Assessments later.***

Mom School Classroom | WHEN

These Learning Experiences you plan inside each Block should follow the above structure and order. **I recommend your Blocks be only 1 HOUR long** with young kids. Divided into 4 x 15-Minute Sections for the above-mentioned pieces of a Complete Learning Experience.

When I look at my Blocks of time, I know I need to divide them into these 4 sections, in this order, every time for consistency. Warmups & Discovery should happen in the first 15-Minutes, followed by Guided & Independent Practice which can each be 15 to 20-minutes or a combination of both. Assessment, or proof of application can happen gradually throughout a unit in the last 15-minutes or at the end of the week. Whenever you decide to teach Reading or Math or even Science, each Block should follow this pattern.

- When do you introduce information through Discovery? **FIRST.** {15-minutes} {10-minutes}
- When do you teach the Lesson Plan? **SECOND.** {15-minutes} {20-minutes}
- When do they Practice Independently? **THIRD.** {15-minutes} {20-minutes}
- When do I assess their knowledge of application? **LAST.** {15-minutes} {10-minutes}

3- Section Timer

I use a 3-Section Timer and set it for 15:00, 30:00 and 45:00 so that our first 3 sessions flow through the Block. I keep my eye on the time and start wrapping us up, getting ready to transition with 2-minutes left on each timer. You can find it on my [Amazon Classroom Supply List](#). When the third, 45:00 timer goes off that launches the final 15-Minutes of the Block. If we're not doing an assessment, I send the boys off into Free Choice while I prep for the next hour Block.

Workshop 1 | Designing your Classroom

Alright, so let's get to work! That was a lot of Guided Practice and now it's time for your Independent work. Below I have a Worksheet for you to power through. Knowing what you've learned from above, how will design your classroom for at home Learning?

Let's design Prepared Environments for Complete Learning Experiences!

In this Workshop we're going to decide:

- Where you'll teach in your home for Mom School
- How you'll Teach Lesson Plans & Organize your Prepared Environments
- What you'll use to organize your Complete Learning Experiences

Goal 1 | Name your **Prepared Environments**

Goal 2 | Identify your Learning Tools, Manipulative and Organizers

Goal 3 | Design a System in your home that makes **Complete Learning Experiences** easy & fun

Designing My Classroom

Step 1 | Identify your Discovery Learning & Creative Space

Decide on three areas in your home where learning best happens. You'll need a place for Discovery Learning that has 3 or less rules. This area will be your Mess Mat style space where all the toys and manipulatives are. Art can happen here as well as messy sensory play. You can even create a mobile classroom by using the shower curtain technique.

3 Potential Locations at home for a Creative Space:

- _____
- _____
- _____

Step 2 | Name your Space

Choose a fun name that you can identify this space within your Classroom Structure. If your kids are younger, what will happen there? Probably messes. If they're older, they may do more creating and building. So, think *creatively* about names: The Mess Mat, Creation Station, Creativity Corner, Builder's Base, Camp Craft, Bucket Island, Crafter's Island, etc.

Creative Space Name Brainstorm:

Step 3 | Identify what happens in this Space

How will you use this space? Will this be for painting, art and sensory? Or will this be the home for all your manipulatives and toy rotation? Will it be for both?

In this Space we'll:

- _____
- _____
- _____
- _____

Step 4 | Identify Rules for the Creative Space

Rules for your Creative Space should be simple and few. Choose 2-3 rules with only 3 to 5 words. Ours are: One Mess at a Time, Keep it on the Mat & Make a BIG Mess. Or, Have Fun 😊

_____, _____, & _____

Our Creative Space

is named

Here we can

_____ & _____

_____ & _____

The only rules are

1) _____

2) _____

3) _____

Step 5 | Build your Literacy Corner

Now don't rush out and buy rain gutters for a whole remodel. Take some time to look around your home and see where a Literacy Corner can easily exist. Sometimes a bookshelf of an affordable storage piece can serve the purpose. You might have to try out a few styles before you find one that is right for you.

Where do your kids love to sit and read?

What is great about this space already? Why do your kids enjoy being here?

How can this space be improved? How can it better promote and encourage Literacy?

What can we do for a Reading Incentive Program?

READ MORE: [**The Reading Tree Summer Reading Literacy Incentives**](#)

Ideas for improving your space:

PILLOWS

BEAN BAGS

BOOKSHELVES

STORAGE

HEADPHONES

Step 6 | Establish your Teaching Table

This third and final location in your classroom might be the most important. This space is where all table work happens from Guided Instruction all the way to assessments, potentially. Most of my Blocks are taught here now with a 5 and 6-year-old. You'll need to make sure your space is big enough and comfortable enough for learning.

Keys to a successful Teaching Table:

- Chair Back Storage/Pockets
- Chairs- Student & Teacher
- 1- Tool Storage- Student Desk
- 2- Tool Storage- Supplies
- 3- Tool Storage- Teacher ONLY
- 4- Tool Storage- Lesson Plans
- 3-Section Timer
- Done Paper Box

Sounds like a lot of stuff doesn't it? Trust me, you already have most of it. The next step here is just rummaging through your house and arranging it all in one place. I'm willing to bet you have a stash of craft supplies somewhere, a drawer, a box, a tote maybe. Bring all that creative goodness out and display it within your kids reach. You know that school supplies list you were so excited about as a kid? Remember having your own cubby or school supply box at school? Yep, that all goes here at the Teaching Table. It is the proverbial DESK of a grade schooler. *{If you still need an actual table, check out my Amazon Classroom List for ours}* It will absolutely get messy and overrun with paper scraps. No fear though, you'll design a clever system to take care of all that soon enough 😊 for now, let's go on a scavenger hunt in your own home for...

Student School Supplies

- Colored Pencils
- Crayons
- Drawing/Construction Paper
- Giant Erasers
- Glue Sticks
- Markers
- Pencils
- Pencil grips
- Scissors
- Writing Paper
- Workbooks

See, I bet you could find all of that in just a few places. Pull it all OUT of your child's bedroom and give it new life in a classroom setting. The mission then becomes organizing them into a Prepared Environment where kids can access them easily, but also maintain order through storage and simple rules.

Student Supplies Storage

There are TWO stations where students should keep supplies, PRIMARY & SECONDARY.

Primary Supplies

Primary is at the table, or windowsill, ready for daily use. I like to keep these supplies limited to the most needed items only. These items include everything they would need for Warm-ups and Guided Instruction. So, we're talking pencils, workbooks, erasers and maybe glue sticks and scissors if your child is responsible.

Secondary Supplies

Secondary are supplies they'll use in either Independent Practice or Free Choice. Secondary Supplies include bulk materials like crayons, markers, colored pencils, construction paper and blank lined paper for writing.

We store all our supplies in what we call The Tower. It's a pull-out drawer unit that keeps everything beautifully separated. The rule then becomes one drawer out at a time. This keeps the markers and crayons from mixing for example. [Find it on my Amazon Classroom List.](#)

What your Teaching Table looks like at this point isn't as important as how you run it. You'll have plenty of time to sort out what works best for you once you've been teaching a few weeks. If you want to go rogue and mix all your coloring materials together, I won't actually be coming to your house to check. Go crazy, Mama... one step at a time.

Teacher Supplies Storage

You Mama, as a Teacher also have TWO supply situations.

Primary Supplies

Yes, I have a Teacher Kit of supplies only I can touch. I use a large photo storage case with divided sections for dry-erase markers, expo eraser spray, highlighters, my timers, dice, scotch tape and basically everything I don't want the kids to walk off with.

Lesson Plan Storage

I do love the Dollar Tree and their storage baskets... I've created one per Block I teach and keep it on a rack next to The Teaching Table. When we are inside a Block, I pull that basket over to access it. Inside I'll find all my lesson specific tools and worksheets. For example, in my MATH basket I have big foam dice, the star wands for Smash Math and a sand timer for quizzes. I don't need these for any other Block, so I don't need them floating around in my Primary Supplies.

When I'm planning a lesson, it is super easy for me to print off and drop materials into the Block Basket I want to use later. In the mornings, while the boys are asleep, I check all the baskets and make sure they're loaded and ready for the day. If you saw my [Reading Lesson on CVC Words](#), those Vowel Puppets are a perfect example of supplies that always live in the Block Basket.

Done Paper Box & Finish Later Station

Finally, you want to have a specific location designated for work that is DONE. Otherwise, you're going to have papers floating all over your house. We call ours the Show Dad Box. Then, once they've shown dad and he's ooh-ed and aah-ed over it, we can trash it and move on with our lives. This is of course much more difficult with artwork. I'll write about that soon.

If your Block ends before Independent Practice is finished, which happens a lot, you can have a special box set aside for work to be finished later. I sometimes do Warm-Ups out of here if I need to buy myself more time. Or, kids can spend their free choice time doing finish work.

Step 7 | Final Checklist before School Starts

The most important thing to remember about each of these Prepared Environments is that they allow free-flowing interaction. You want everything to be within reach for seamless transitions while inside your Block, while teaching that Complete Learning Experience.

Final Checklist: In your Classroom you have...

- A Creative Space for Discovery Learning
 - 2-3 Rules for this space
 - Manipulatives & Toys in contains the kids can access and clean up easily
- A Literacy Corner
- A Teaching Table
 - Storage for creative school supplies: Blank Paper, Crayons, Markers, Glue
 - Storage for daily student supplies at the desk: Sharpened Pencils, Erasers, Workbooks
 - Storage for Teacher only supplies: Dry-Erase Markers, Lesson Plans, Highlighters
 - Done Paper Box + Finish Later Station

Now that we're all set up at home, let's get on to that glorious schedule. Structuring a Block's time inside of it leads us right into my favorite subject, SCHEDULING and deciding where Blocks go throughout the day. After you've decided on the Blocks you'll teach, where, how and when you'll teach information, you must plan for when they will happen in the day. This next step of the workbook is about just that!

Step 2 | Mom School Schedules

Once you have a handle on these 3 concepts, WHERE, HOW & WHEN, your Mom School Classroom begins to take shape. Eventually, you'll find a system and rhythm that works for your family among these three structures and the feel of *School* becomes natural. You'll be able to branch out, expand your classroom even more by taking Blocks out into the Garden, Back Yard, Front Porch or even the Garage and Kitchen.

All that is exciting to look forward to. But let's back up a minute and focus on your students. When does he or she learn the best? Are your kids morning people or night owls? Do they get cranky in the afternoon? My kids completely drop off their learning capabilities after 1:00pm... so we do all our school in the morning. My kids also crap out earlier if we're doing intensive learning on new content versus when we're in week 2 of a unit and cruising. My main point is: **You must dedicate your Mom School to the best learning times for YOUR learners.**

How much TIME should you Mom School?

I am going to break it to you as easy as I can... No family, no matter how excited they are about At-Home Learning should jump into a full day/full week schedule. PERIOD. You're going to look at all my charts below and want to use them as templates, which you should. But, take heed that my kids have been doing a Block schedule their ENTIRE lives and some days they still don't do it well. Some days they love it, and everything works. Some days they hate it. It has taken us a long time of teamwork to shake out how much time we spend learning each day.

I recommend starting small with your schedule.

I'm putting that in big bold letters, so you do not skip over it. If you're just starting Mom School, I recommend 2 to 3 Blocks per DAY and only 2 days a week for your first week. You read that correctly. Even if you have an excited learner, this level and strategy can be a big adjustment for both you and the students. Burnout is a real thing and we don't want you to experience it too soon. You will experience it... and you'll get through it 😊

Week 1-3 | 2 Blocks on 2 Days/Week Kids 3-6 Years Old

Weeks 3-6 | 3 Blocks on 3 Days/Week Kids 5-7 Years Old

Weeks 4-7+ | 3 Blocks on 4 Days/Week Kids 6-8 Years Old

Weeks 5-9+ | 4 Blocks on 5 Day/Week {I would consider this a FULL schedule and only necessary for Block veteran kids}

Each Block = 1 Hour of Time

Maximum Teaching Time > 4 Hours/Day

If your kids are under 8, I would strongly suggest only teaching 2-3 hours per day. Think for a second if you want to be teaching for 4 hours straight. Nope, you don't, and students don't want to sit and learn that long either. At this age kids need time to process and internalize what they've learned. Obviously, all kids are going to function better in different situations. This means you have a lot of potential Schedules you can try. Trial and Error is your life for the next few days....

Schedule Strategies

Now that you know how many Blocks to start with based on the age of your students and/or their experience levels, you can make a few draft schedules. You're going to make a lot of adjustments and changes, so I would hold off on printing that color-coded spreadsheet just yet. Make a schedule DRAFT and adhere to it but make a lot of notes with the intent to edit the next day. Yep, DAY. There is no need to force a schedule for the whole week if you see red flags early.

Breaking up your Blocks

You could try Block Teaching every other hour to get more Blocks in throughout the day. Try teaching at 8:00am and then 10:00am with a long Free Choice break in between. You can work in a 2-hour break over lunch if necessary.

Half Blocks

You might need to teach your Blocks in 2 parts. The first 30-Minutes from 8:00 to 8:30am and then the second 30-minutes from 9:00 to 9:30am with a 30-minute free choice break in between. This strategy might spread your schedule across the entire day... but it might be better for younger kids.

Blitz Blocks

We do these on rare occasions when we are reviewing content or have somewhere to be during the day. We essentially drop off the last 15-minutes, making them only 45-minutes each. We skip free choice and dive right into the next Block. If you're doing 3 Blocks per day this cuts 45-minutes off your Mom School Schedule entirely achieving 3 hours of lessons in 2 hours, 15-minutes. Younger kids cannot and should not do this one... but if you have an intense, hardworking 7+ year old, go for it!

Schedule Templates

At the end of this workbook I've provided you with a few templates including our schedule, my Block Planner and then Blank Templates. You can either print them off and write in them or put them behind glass in a document frame so that you can work them out.

Workshop 2 | Building your Block Schedule

Here we are at the end and you're finally going to draft out your first Schedule with the Block System. Woo Hoo! Way to go Mama and thank you for hanging in here with me.

Step 1 | Decide which Blocks to Teach

You know every Block is 1 hour long and you only get 2 to 3 of them per day. Each Block has its own subject, so how do you choose which subjects get the Blocks? I must recommend starting with the basics. When it all boils down the most important subjects will always be Reading, Writing and Math. So, those three always make the top of my list. If you're going for it and want a fourth Block, I suggest a variety of subjects that can be taught at the Teaching Table.

Your Teaching Table Block can be a stand in for Science, Social Studies, Art and many more. You could rotate subjects inside this Block daily if you choose.

Weeks 1-3 | 2 Blocks x 2 Day/week

Tuesday

Reading
Writing

Thursday

Math
Teaching Table

With this schedule I would begin with Reading and Writing on one day and then Math and Teaching Table on the next.

Weeks 3-6 | 3 Blocks x 3 Day/week

Tuesday

Reading

Writing

Teaching Table

Wednesday

Reading

Math

Teaching Table

Thursday

Reading

Writing

Teaching Table

In this Schedule Example I would teach Reading every day we do School and then alternate the Math and Writing, which you could do weekly. We would also do a Teaching Table every day. You can adjust this any way you like based on what your student prefers or need the most instruction with.

I think you can figure out where I'm going with this. If you can teach more subjects per week, or you're required to do so, you can draft them into your week using the templates below. Let's move into some actual planning now...

In the following steps we're going to fill in the templates below. Then, you're off and rolling for Mom School!

Step 2 | MOM SCHOOL TEMPLATE

The first template you'll see is an overview of your Mom School Plan.

- Write in your Month and Theme if you have one.
- Subject Line: Write your Warmup Plan.
- Bullet Lines: Guided Lesson and Independent Practice plans

Step 3 | Complete Experiences per Block

- Warmups: Identify your guidelines
 - Complete 5-pages of a workbook
 - Draw to the music
 - Watch a video
 - Read a chapter
 - Anything that gets their minds going and introduces the lesson
- Lesson Plans
 - What are you teaching in guided practice?
 - READ MORE: [My Giant List of Lesson Plans](#)
- Independent Practice
 - How will kids practice their new knowledge?
- Transitions
 - This can either be Free Choice or assessments

Mom School Block

Month: _____ Theme: _____

Reading: _____

• _____

• _____

Writing: _____

• _____

• _____

Math: _____

• _____

• _____

Teaching Table: _____

• _____

• _____

Science:

Math Block

Month: _____ Theme: _____

:00 Warm-Up

- _____
- _____

:15 Lesson Plan

- _____
- _____

:30 Project

- _____
- _____

:45 Transition

- _____
- _____

Reading Block

Month: _____ Theme: _____

:00 Warm-Up

- _____
- _____

:15 Lesson Plan

- _____
- _____

:30 Reading Practice

- _____
- _____

:45 Transition

- _____
- _____

Writing Block

Month: _____ Theme: _____

:00 Warm-Up

- _____
- _____

:15 Lesson Plan

- _____
- _____

:30 Writing Practice

- _____
- _____

:45 Transition

- _____
- _____

Science Block

Month: _____ Theme: _____

:00 Warm-Up

- _____
- _____

:15 Lesson Plan

- _____
- _____

:30 Project

- _____
- _____

:45 Transition

- _____
- _____

Teaching Table Block

Month: _____ Theme: _____

:00 Warm-Up

- _____
- _____

:15 Lesson Plan

- _____
- _____

:30 Project

- _____
- _____

:45 Transition

- _____
- _____

History Block

Month: _____ Theme: _____

:00 Warm-Up

- _____
- _____

:15 Lesson Plan

- _____
- _____

:30 Project

- _____
- _____

:45 Transition

- _____
- _____

Art Block

Month: _____ Theme: _____

:00 Warm-Up

● _____

● _____

:15 Lesson Plan

● _____

● _____

:30 Project

● _____

● _____

:45 Transition

● _____

● _____

Skills Block

Month: _____ Theme: _____

:00 Warm-Up

- _____
- _____

:15 Lesson Plan

- _____
- _____

:30 Project

- _____
- _____

:45 Transition

- _____

Step 4 | Drafting your Schedule

Now that you have identified your teaching goals you can write in your first schedule draft. I've included below my own schedule and a few blanks. I can't wait to see your Mom Schools in action! Please tag me when your schedules are up!



Thank you so much for supporting my Blog! I'm Kandice, Mom to #MySweetandSticky Cash & Wyatt. The Sweet or Sticky boy changes daily. I am a Wedding & Party Planner in real life for my own company, Green-Eyed Girl Productions but started this Mom blog while on a 5-year maternity break. It's obviously grown to be a competitive 50% of my Mom Business Life thanks to my amazing reader like you! So, I want to say THANK YOU and make sure you get the absolute most out of your experience here, which is what we like to call #MomWinning

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[Mom Life Organizing](#): From Family Vacations to Packing your Hospital Bag.

[Making Mommy Money](#): Read up on how I've taken this little blog hobby and built a nice income from it.

[Mom School](#): As a former educator I had no ~~restraint~~ choice but to subject my two boys to rigorous sensory play and early learning until they ~~escaped~~ started school. What we affectionately call Toddler School is the routine we did from ages 0 to 5 for early learning and pre-k reading.

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Mom School Schedule

	MWF		TTh	
8:00	Math	<i>Warm-Up</i>	Math	<i>Warm-Up</i>
:15	Lesson Plan		Lesson Plan	
:30	Project	<i>Project Box</i>	Project	<i>Project Box</i>
9:00	PE Stations	<i>Warm-Up Laps</i>	Science	<i>THEME READ</i>
:15	Stretch		Lesson Plan	
:30	Video		Tower	<i>Finish Drawer</i>
10:00	Reading	<i>Warm Up</i>	Writing	<i>Warm-Up</i>
:15	Lesson Plan		Lesson Plan	
:30	Reading Practice		Creative Captions	<i>Drawer</i>
11:00	Lunch	<i>Science Mom & Math Dad</i>	Lunch	<i>Science Mom & Math Dad</i>
:15	Read Aloud	<i>Drawer</i>	Read Aloud	<i>Drawer</i>
:30	CLEAN UP			
Noon	NAP TIME			
1:00	Teaching Table	<i>THEME READ</i>	Teaching Table	<i>THEME READ</i>
:15	Lesson Plan		Lesson Plan	
:30	Tower		Tower	

<i>School Blocks</i>	Math Block	Reading Block	Science Block	Writing Block	Teaching Table	PE
:00	Warm-Up Workbook Pages	Warm-Up Workbook Pages	THEME READ	Warm-Up Workbook Pages	THEME READ	Warm Up Laps
:15	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____	Stretch
:30	Tower	Read Aloud	Tower	Creative Captions	Project Box	YouTube Video
:45	Free Choice	Free Choice	Finish Drawer	Free Choice	Finish Drawer	Free Choice

<i>BONUS Blocks</i>	History Block	Art Block	Skills Block
:00	Theme Read	Drawing Drawer	Theme Read
:15	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____
:30	Creative Captions	Project Box	Chore Chart
:45	Finish Drawer	Project Box	Chore Chart

WEEK _____

GOALS:
Math _____
Reading _____
Writing _____
Table _____

Mom School Schedule

	MWF		TTh	
8:00				
:15				
:30				
9:00				
:15				
:30				
10:00				
:15				
:30				
11:00				
:15				
:30				
Noon				
1:00				
:15				
:30				

Mom School Schedule

	MWF		TTh	
:00				
:15				
:30				
:00				
:15				
:30				
:00				
:15				
:30				
:00				
:15				
:30				
:00				
:15				
:30				

<i>School Blocks</i>	Math Block	Reading Block	Science Block	Writing Block	Teaching Table	PE
:00	Warm-Up	Warm-Up	THEME READ	Warm-Up	THEME READ	Warm Up
:15	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____	
:30						
:45						

<i>BONUS Blocks</i>	History Block	Art Block	Skills Block
:00	Warm-Up	Warm-Up	Warm-Up
:15	Lesson Plan _____	Lesson Plan _____	Lesson Plan _____
:30			
:45			

WEEK _____

GOALS:
Math _____
Reading _____
Writing _____
Table _____