



Learning Time Guidelines

Recommendations for the amount of time students should be engaged in remote learning daily have been gathered from a variety of sources (cited below). These guidelines are intended to be flexible to accommodate the wide variety of learners and types of instruction.

Previous screen time limits were originally based on television/entertainment research and do not apply to online continuity of instruction learning according to Dr. Michael Rich, the Director of the Center on Media and Child Health. Research does support the effectiveness of virtual conversations in the learning process.

Grade Level	Daily Learning Time
Pre-K	20 - 60 minutes
K-1	30 - 90 minutes
2-3	45 - 90 minutes
3-5	60 - 120 minutes
6-8	90 - 180 minutes
9-12	120 - 240 minutes

References:

Barton, A. (2020, March 24). Yes, your kids are on screens in these trying times. No, you're not a terrible parent because of coronavirus. Retrieved from <https://www.usatoday.com/story/news/education/2020/03/18/coronavirus-things-to-do-online-school-closings-screen-time/2870490001/>

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Illinois State Board of Education Remote Learning Recommendations during Covid-19 Emergency. (2020, March 27). Retrieved from <https://www.isbe.net/Documents/RL-Recommendations-3-27-20.pdf>

Indiana Department of Education Continuous Learning Guide (2020, March). Retrieved from <https://www.doe.in.gov/sites/default/files/elearning/indiana-continuous-learning-guidance-final-updated-april-1-2020.pdf>

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National Board for Professional Teaching Standards Webinar (2020, March)

Preston, E. (2019, July 12). Screen Time Is Good for Kids - If There's a Human on the Other End. Retrieved from <https://forge.medium.com/screen-time-is-good-for-kids-if-theres-a-human-on-the-other-end-d33124c1f74>