

At-home Learning Schedule

Time	Activity
8:00-9:00	Get Started! <ul style="list-style-type: none"> • Get dressed • Eat breakfast
9:00-10:00	Morning Kick Starters - Get those brains activated! <ul style="list-style-type: none"> • https://www.khanacademy.org/ • https://www.ixl.com/ • https://quizizz.com/ • https://kahoot.com/
10:00-10:30	Physical Activity <ul style="list-style-type: none"> • Walk/jog • Outside play/exercise • Indoor exercise
10:30-11:30	Reading <ul style="list-style-type: none"> • Independent Reading • View instructional video • Independent Practice • Activities • Writing
11:30-12:00	Lunch
12:00-1:00	Math <ul style="list-style-type: none"> • View instructional video • Independent Practice • Activities
1:00-2:00	Science/Social Studies <ul style="list-style-type: none"> • Independent Reading • Independent Practice • Activities
2:00-2:30	Music <ul style="list-style-type: none"> • Listen to your favorite music • Get up and dance! • Write songs Art <ul style="list-style-type: none"> • Get those creative juices flowing!
2:30-3:00	Journaling <ul style="list-style-type: none"> • What did I accomplish today? • What do I want to learn more about? • Journal prompt response connecting to social-emotional learning: <ul style="list-style-type: none"> - How are you doing today? - What was your high today? What was your low? - What is one skill you have that is helping you to be successful during this time? - What is one thing you would like to do better tomorrow?
3:00-3:30	Service Learning <ul style="list-style-type: none"> • Do something for others (send an encouraging email, text, video, picture, etc.)