

Suggested Daily Schedule Option

*To edit for your own class/grade/family, please go to **File > Make a Copy** and create your own!

Wednesday - Friday, March 18-20

Time	Activity	Description
Before 8:30 am	Wake Up	Eat breakfast, make your bed, get dressed, clean up yourself & your space for learning & maybe a short movement activity
8:30-10:00 am	Academic Time	Teacher's online hours - check in <i>Reading, writing and math work</i>
10:00-11:00	Morning Movement	Take a walk/ride your bike, do yoga, dance
11:00-12:00	Creative Time	<i>Specials work</i> Nature art project, Legos, create a collage from magazines, crafting, play music, practice a foreign language, cook/bake, play or make up a game
12:00-1:00	Lunch & Chores	Help out to create and clean up your lunch. Clean up from any morning activities.
1:00-2:00	Quiet Time	Read, puzzle, nap
2:00-4:00	Academic Time	<i>Reading, writing and math work</i> <i>Science and Social Studies work</i> Other
4:00-5:00	Afternoon Movement & Fresh Air	Play outside, bike, walk, nature hike, draw with chalk on sidewalk/driveway, do yoga, play Twister/Wii fit, dance to music