

## Distance Learning

# Suggested Daily Schedule

Before 9:00am	Wake Up	Eat breakfast, make your bed, get dressed
9:15 - 9:30	Movement	Take a walk, do some stretching <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a> <a href="https://app.gonoodle.com/">https://app.gonoodle.com/</a>
9:30 - 10:30	Reading	Complete daily reading lesson.
10:30 - 10:40	Break	Eat a snack or do another movement activity.
10:40 - 11:45	Math	Complete daily math lesson.
11:45 - 12:30	Lunch	Enjoy a healthy meal.
12:30 - 1:15	Specials	Music, Computer, Art, or Library
1:15 - 1:30	Break	Do another movement activity.
1:30 - 1:45	Academics	Home Learning Packet
1:45 - 2:30	Science/Social Studies	Mystery Science, Pebble Go See Fun Ways to Learn From Home page
2:30 - 3:00	Read to Self	Choose a book to Read My Books, Raz-Kids, Get Epic, or iRead
3:00 - 4:00	Fresh Air	Bike ride, walk the dog, play outside.
4:00 - 5:00	Free Time	TV, puzzles, games, art <a href="https://www.artforkidshub.com/">https://www.artforkidshub.com/</a> <a href="https://www.youtube.com/watch?v=RmzjCPQv3y8&amp;disable_polymer=true">https://www.youtube.com/watch?v=RmzjCPQv3y8&amp;disable_polymer=true</a>
5:00 - 6:00	Dinner	
6:00 - 7:00	Family Time	
7:00 - 8:00	Bedtime	

