

Suggested Daily Schedule for Families

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| Before 8:30 | Wake Up | Eat breakfast, make your bed, get dressed. |
| 8:30 - 9:00/10:00 | Morning Walk | Family walk, walk the dog, yoga. |
| 9:00/10:00 - 12:00 | Learning Time | Zoom meetings, Check-in on Google Classroom, Complete assignments, Contact teachers and classmates. Don't forget to take a break - preferably outside! |
| 12:00 | Lunch | Have a healthy lunch, drink some water! |
| 12:30 | Home Responsibilities | Help out around your house. |
| 1:30 - 4:30 | Creative/Quiet/Learning Time | Read, draw, relax, bake, go for a walk, listen to a podcast, finish up school work if you need to. |
| 4:30 - 5:30 | Afternoon Fresh Air | Bikes, walk the dog, play outside |
| 5:30 | Dinner | Help cook dinner! |
| 6:00 - 9:00 | Evening Events | Family time, walk, work on passions, relax, go outside, read. |
| 9:00/10:00 | Lights Out! | Time to get some sleep! |

Suggested Daily Learning Time Schedule

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| Monday - Thursday | |
| 9:00 - 10:00 | Visit Google Classroom - answer Check-In questions, Work on assignments, comment on announcements, etc. |
| 10:00 - 10:30/11:00 | Zoom Meeting with Ms. Aversa on Monday and Wednesday Zoom Meeting with Ms. Chaney on Tuesday and Thursday |
| 11:00 - 12:00 | Work on assignments and/or projects.. |
| Friday | |
| 9-12 | Work on assignments and/or projects. Go outside! Read! Read outside! |