

Daily Schedule

Time	Activity	Description
8:00-9:00	Wake Up	Breakfast, make bed, brush teeth, get dressed, and morning exercise. (Ex. 20 jumping jacks, 10 push ups, 10 squats, https://www.gonoodle.com/ , Yoga.)
9:00-9:30	Foundations	Drill sounds, 1-2 pages of packet, Practice sight words.
9:30-10:30	Reading time	Read independently or with a family member. 1-2 pages of reading packet.
10:30-11:00	Break.	Run around and play outside (Keep social distance). Have a snack.
11:00-11:45	Writing/Science	Journal entry. Opinion write Read a Scholastic article.
11:45-12:45	Lunch	Island Kitchen food offers meals to students 11:00-1:00 at High School. Students must be present.
12:45-1:00	Quiet Time/Mindfulness	Draw, SEL (Mrs. Clark & Mrs. Hood). https://www.mindyeti.com/
1:00-2:00	Math	1-2 pages of math packet. Math games.
Additional Suggestions	<ul style="list-style-type: none"> • Reading Eggs & • Math Seeds. • Library packet. • Music packet. • Fresh air and exercise. • Board games, puzzles, legos, coloring. • Make sure to go to bed early. • Online resources. • When watching TV turn on Closed Captions (CC). 	