|  |  |  |
| --- | --- | --- |
| Before 9am | Morning Check In | Have breakfast  Check In with an easy conversation |
| 9am to 10am | Health and Wellness | Go on a Walk, GoNoodle, PE type warm ups and workouts, Organizational chores |
| 10am to 11am | Structured Reading Time | 30 Min  Personal Reading (online is fine), Read to a younger sibling, Watch Read Aloud Videos  30 min  Istation, Blend Actiivity, Write a Journal Entry |
| 11am-12pm | Lunch | Replenish, Relax, Refresh, Reflect |
| 12pm-1:00 pm | Structured Math Time | 30 Min  Prodigy, BrainPop, Online Word Problems  30 Min  Blend Activity, Dream Box, Xtra Math, Khan Academy |
| 1pm-2:30pm | Social Studeies and Science | Studies Weekly  SEL Lesson in Blend, Brain Pop, Kids News Websites  Discovery Education  Self Led Research (Animal Reports, Biome Projects), Educational Media, BrainPop |
| 2:30-3pm | Reflection | Afternoon Reflective Discussion, Reflective Walk, Reflective Quiet Time |

**Time Subject/Activity Possible Assigments**