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| Before 9am | Morning Check In | Have breakfastCheck 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 MinPersonal Reading (online is fine), Read to a younger sibling, Watch Read Aloud Videos30 minIstation, 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 Problems30 MinBlend Activity, Dream Box, Xtra Math, Khan Academy |
| 1pm-2:30pm | Social Studeies and Science | Studies WeeklySEL Lesson in Blend, Brain Pop, Kids News WebsitesDiscovery EducationSelf 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**