

SUGGESTED HOME LEARNING SCHEDULE: High School

TIME	CATEGORY
8:45 – 9:30	Start your Day! Rise and shine; eat breakfast and clean up dishes; tidy up your work space; check for email/365/Remind updates from your teachers
9:30 – 11:00	Academic Block One
11:00 – 11:15	Break Time Stretch, get a snack, do a mindfulness activity
11:15-12:15	Academic Block Two
11:45-12:30	Lunch
12:30-1:00	Household Chores
1:00-2:00	Academic Block Three
2:00 -2:15	Break Time Stretch, get a snack, do a mindfulness or gratitude activity
2:15-3:15	Physical Activity If the weather is good, get outside! Do a video workout, go for a run, do some yoga – use your muscles and if possible breathe in some fresh air!
3:15-4:15	Creative Time Draw, paint, take photographs around your house or neighborhood, do a craft, play your instrument – exercise your creative muscles; they need it as much as your physical ones!
4:15-5:00	Break
5:00-DINNER	Help with dinner Help out with the cooking and cleaning up; take turns around the table sharing the best part of your day!
AFTER DINNER TIME	Family time
BEDTIME	Evening routine, screens off, bedtime

These are all just meant to be suggested times. Students and families should adjust these times to meet their needs and to allow students to participate in any opportunities provided by their teachers to engage with them live via video conferencing.