

SUGGESTED HOME LEARNING SCHEDULE: Middle School

TIME	CATEGORY	SUGGESTIONS
8:45 – 9:30	Start your Day!	Make bed, eat breakfast, check email for updates from teachers
9:30 – 10:50	Academic Block One	Spend 40 minutes on two of each of your core classes
10:50 -11:05	Break Time	Stretch, get a snack, do a gratitude or mindfulness exercise
11:05-11:45	Academic Block Two	Spend 40 minutes on another core subject
11:45-12:15	Lunch	Have one person ask the same question of all family members
12:15-12:45	Household Chores	Laundry, cleaning, organizing- whatever tasks your parents want done!
12:45-2:00	Academic Block Three	Spend 40 minutes on your last core subject and 30 minutes on an encore class
2:00 -2:15	Break Time	Stretch, get a snack, do a gratitude or mindfulness exercise
2:15-3:15	Physical Activity	Do yardwork, walk the dog, go for a run, ride your bike, do a workout video
3:15-4:15	Creative Time	Draw, color, read a book, play an instrument, do a craft
4:15-5:00	Break	Screen time, call a friend, play a game
5:00-DINNER	Help with dinner	Help with dinner preparations, clean-up; consider doing a gratitude exercise with family members
AFTER DINNER TIME	Family time	Take a walk, play a board game, watch a show together, do a jigsaw puzzle
BEDTIME	Evening routine, screens off, bedtime	Get a good night's sleep!

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.