FALL Schedule

MORNING



7:00-9:00
Rise & Shine — Get Ready Even if You're Staying Home!



9:00-11:00
Academic Time — Limit Distractions and Participate



11:00-11:30
Recess/Get Moving — Blow Off some Steam, Drink some H20 & Eat a Snack



11:30-12:00
Academic Time — Learn Something New



12:00-12:30
Healthy Lunch — Plan Ahead and Have your Fave Foods Ready

AFTERNOON



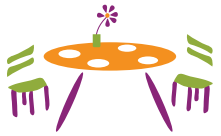
12:30-2:30
Academic or Quiet Time – Catch up on Homework or Chill Out



2:30-4:00
Creative Time — Draw, Color, Make Music, Journal



4:00-5:00
Indoor/Outdoor Play
Hydrate! — Indoor Dance Party!



5:00-6:00
Let's Eat! — Set the Table, Help with the Dishes



7:00-9:00
Family Time/TV/Reading – Time to Unwind and Talk About Your Day!

TIPS FOR SUCCESS| Designate a Learning Space| Stick to a Schedule| Take Breaks to Hydrate and Stretch| Pick a "Homework Buddy" to Call/Text for Help| Be Creative Every Day!

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FALL Schedule

MORNING



Rise & Shine

Academic Time



Recess/Get Moving
Hydrate!



Academic Time



Healthy Lunch

AFTERNOON

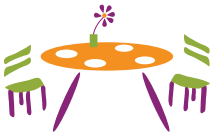


Academic or Quiet Time

Creative Time



Indoor/Outdoor Play
Hydrate!



Let's Eat!



Family Time/TV/Reading

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