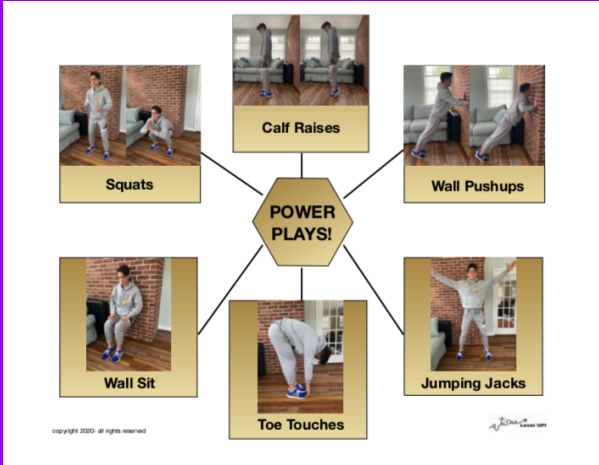


My Daily Schedule

My Daily Expectations for e-learning:

1. Check email
2. Follow link to GoogleClassroom
3. Click on assignment
4. Complete work with effort
5. Ask for help after trying on own

8:00 am	Breakfast
8:45 am	Get ready for e-Learning! <ul style="list-style-type: none"> • Materials • Positive growth mindset
9:00 am	Google Meets times/days:
10:00 am	<p>Break Time!</p> <p>Directions:</p> <p>Circuit Train Break:</p> <ol style="list-style-type: none"> 1. Five SQUATS 2. Five CALF RAISES 3. Five WALL PUSH-UPS 4. Five JUMPING JACKS 5. Five TOE TOUCHES 6. HOLD the WALL SQUAT for 15 seconds. <p>REPEAT ENTIRE CYCLE TWICE</p> 
10:15 am	e-Learning:
11:30 am	Lunch Time
12:00 pm	<p>Quiet Time</p> <ul style="list-style-type: none"> • Snuggle up with a good book! • Listen to music • Work on a puzzle • Draw • Say “hi” to a friend or family member

12:30 pm	e-Learning
2:00 pm	Outdoor Time
4:00 pm	Indoor Time <ul style="list-style-type: none"> • Play a board game with your family or sibling
5:30 pm	Dinner
6:30 pm	Free Time <ul style="list-style-type: none"> • Make a comic strip for the Unthinkables • Free draw • Say “hi” to a friend or family member
8:30 pm	Get Ready for Bed <ul style="list-style-type: none"> • Mindful Activity (link here) • Night, night!