


Cider Mill School Daily Plan



Breakfast ☐

Lunch ☐

AM Snack ☐

PM Snack ☐

Today is _____

Off-Screen Free Play

☐ _____

☐ _____

Interest-based Project - what type of learning did I do that I am excited or interested in?

☐ _____

Whole Body Wellness

☐ **Mind:** Brain Breaks and Mindful Activities

☐ **Body:** 60 minutes of physical activity and body movement

Let Grow - How can I help at home today? What can I try on my own?

☐ _____

☐ _____

Math ☐


Reading ☐

Writing ☐

Word Study ☐

World Language ☐

2 Special Area Classes (PE, Art, Music, Sci/Tech) ☐ ☐



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