

Time	Grades 6-8 Daily Activity Schedule
8am - 9am	Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)
9am - 9:40am	Let's start strong with some serious math brain training. Remember your brain is like a muscle, the more you use it the stronger it gets! Khan Academy math practice. Depending on level, one of the following courses are likely appropriate: • 6th grade math • 7th grade math • 8th grade math • Algebra I • Geometry One practice that we've seen teachers and students use to great effect is to start, regardless of age, on Kindergarten and then move to 1st grade, 2nd grade, etc. Course challenges and unit tests can be used to accelerate through material. If you don't have too many gaps, you should be able to get through a previous year's content in 1-3 hours. If you do have gaps, it may take a bit longer, but that is good! This is your chance to fill in those gaps that might otherwise hold you back in the future.
9:40am - 10am	Go for walk/run. Youtube JustDance /workouts if weather is bad. Maybe 15 minutes of Yoga with Adrien ?
10am - 11am	Reading time. Here is a list of good books for grades 6-8: http://www.ala.org/alsc/sites/ala.org/alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-grades6-8cor.pdf Here is another list. Sal Khan's favorite science fiction books that he read around your age include: • <i>Foundation</i>, by Isaac Asimov • <i>Ender's Game</i>, by Orson Scott Card • <i>Hitchhiker's Guide to the Galaxy</i>, by Douglas Adams
11am - 11:20am	Break. Walk/run outside if possible.
11:20am - 12pm	Khan Academy Grammar: https://www.khanacademy.org/humanities/grammar Recommend starting by taking the course challenge a few times to figure out what you know and don't know. Journaling/Writing Things to write about/prompts:

	• What would you do? Research how the virus spreads and different plans that leaders have made to slow it or stop it. Then imagine you are an elected official. Write a plan of your own to slow or stop the virus in your own town. • What are you excited or worried about? • Write a letter to yourself 10 years in the future. What do you want to tell your future self? • How do you think the world will be different after the novel coronavirus? • What part would you play? People in many, many different jobs play a role in managing this outbreak. Make a list of jobs that can contribute to a solution, and write about which job you'd want and why.
12pm - 1pm	Lunch - Listen to an educational podcast! Try RadioLab if you like science, Forever Ago if you like history, or Goodnight Stories for Rebel Girls if you like biographies
1pm - 2pm	Science and social studies. Khan Academy high school biology could be used. Do research on what a virus is and how it spreads. Keep track of the news and how the various countries are responding to the pandemic. Khan Academy resources: • High school biology • American history • Computer science principles
2pm-2:30pm	Walk/break
2:30pm -3:30pm	Enrichment: • Code.org Express course (block based for beginners). • Khan Academy computer programming, (text based for beginners to intermediate) Programming computers is far more fun and creative than you probably ever imagined. Both these resources start by creating fun cartoons and animations and work your way up to creating fun games that your friends can play.
3:30pm -9pm	relax, go outside, work on passions, time with family.
9-10pm	Lights out, time to sleep!