

## Suggested Daily Schedule for Scholars

Time of Day	Activity
Before 8:30	WAKE UP- eat a healthy breakfast, get dressed for the day.
8:30-9:00	EXERCISE- go for a walk outside if possible or choose a workout from YouTube for light indoor exercise.
9:00-9:30	LOG IN to Gmail, PowerSchool, Google Classroom, Aleks, Clever, etc. -Check for information from teachers -Contact teachers with any questions. -Make a "To Do" list if necessary for each class.
9:30-11:30	Set a timer and work on your daily MATH assignment for at least 30 minutes and your ELA assignment for at least another 30 minutes. Email your teacher if you have any questions. Stretch in between, or walk around your house while practicing basic facts. Do a chore or help out a family member.
11:30-12:00	LUNCH- eat a healthy lunch (try to avoid junk food and sodas)
12:00-12:30	CREATE- Build with legos, playdoh, paint, draw, listen to/play music, cook/bake, etc.
12:30-2:30	Set a timer and work on your daily SCIENCE assignment for 30 minutes and your SS assignment for another 30 minutes. Email your teacher if you have any questions. Stretch in between, or walk around your house while practicing vocabulary. Do a chore or help out a family member.
2:30- 3:30	Work on any assignments for your RELATED ARTS classes. If you finish early with anything, READ (your book, a book from your house, a MyOn book, etc.)
3:30-4:30	EXERCISE- go for a walk outside if possible or choose a workout from YouTube for indoor exercise.
4:30-5:30	QUIET time- Read, puzzles, rest, etc. (NO DEVICES)
5:30-6:30	DINNER- sit with your family and talk about your day if possible. Try to help out with cooking dinner and cleaning up after dinner.
6:30-8:00	FREE TIME- make good choices.
8:00	Start getting ready for a good night's sleep. Remember good hygiene and turn off devices so that they do not disrupt your sleep.