

## Remote Learning Schedule

|               |                   |  |
|---------------|-------------------|--|
| Before 9:00am | Wake Up           | Make bed, eat breakfast, dress- no screens               |
| 9:00-9:45     | Morning Walk      | Yoga if it is raining.                                   |
| 10:00-11:00   | Academic Time     | Digital assignments from teachers/related subject matter |
| 11:00-11:30   | Organization Time | Organize and Reduce/Repurpose- FOCUSED                   |
| 11:30-12:00   | Dabble Time       | NO ELECTRONICS- legos, drawing, etc.                     |
| 12:00         | LUNCH!            |  |
| 12:30-1:00    | Chore Time        | Changes daily  |
| 1:00-2:00     | Quiet Time        | Reading, directed study, nap                             |
| 2:00-3:30     | Academic Time     | Digital assignments from teachers/related subject matter |
| 3:30-4:30     | Physical Activity | weights, press ups, etc.                                 |
| 4:30-5:00     | Dabble Time       | NO ELECTRONICS   |
| 5:00-6:00     | Film/Video        | shoot/edit/plan  |
| 6:00-7:00     | Dinner/Shower     |  |
| 7:00-9:00     | FREE TIME*        | Appropriate TV or Minecraft                              |
| 9:00          | Bedtime           | Grooming/Toothbrushing                                   |
| 9:30          | Lights Out        | Good Night!  |

\*Free time is dictated by attitude during the day.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date