

Junior High and High School Sample Schedule

Time	Activity
Before 9 am	Breakfast/Morning Routines
9:00 am	Physical Activity
10:00 am	Academic Time
11:00 am	Creative Time
12:00 pm	Lunch
12:30 pm	Chore Time
1:00 pm	Quiet Time
2:00 pm	Academic Time
4:00 pm	Free Time

This sample schedule is meant to be used as a guide for daily learning. Students and families may utilize as is or make changes as necessary to best accommodate unique needs.

Off-Screen Engagement Brain Breaks

Encourage students to do one or more of the “off screen” engagement brain-break activities for up to 10 minutes per grade level, per day (e.g. 4th grade=40 minutes).

This is not a complete list but a great starting off point, especially for families looking for activities for children to engage in between remote learning activities.

Secondary	
Go outside and enjoy the weather	Plan a family meal

Learn how to do origami	Clean out your dresser drawers to donate later
Help in the garden/landscaping at your home	Journal/Script Write/Song Write
Choose 5 books to donate to charity	Do a puzzle
Bake something	Do some "self care"
Solve a Sudoku puzzle	Play charades
Paint with watercolors	Listen to a Podcast (approved by a family member) while going on a walk or car ride
Do Yoga	Read
Sing Karaoke	Wash the car
Create a postcard and mail it	Take a nap
Practice braiding hair	Do Pilates
Read your favorite book/new book	Rearrange your bedroom furniture
Play a board game	Paint on what you find the in recycling bin
Make a board game	Memorize a poem
Draw and doodle	Go for a run/walk
Play flashlight hide and seek one evening	Play solitaire with cards
Do a mad libs	Cut up catalogs and magazines and make a collage
Go geocaching on family walks	Use a camera if you have one, not your phone, to take pictures of what interests you
Create a comic book	Call a younger family member and teach them about something you know/really good at doing
Make a project using items from the recycling bin	
Color in coloring book	
Create a choreographed dance	

Student Reflection (if necessary)

At home today I _____ (from the above lists) which helped me learn/create/feel

While completing the activity, it made me think... (about a time in class/a lesson recently learned/an outside learning experience)

While I was away from the screen, I was able to (relax/learn a new skill/connect with a family member/...
