

***Learn from Home
sample schedule***

(adapted from additudemag.com)

High school students-

We know students are used to routines and schedules. Here is a sample "learn from home" schedule your family can easily follow/ adapt.

8:00am awake for the day
8:45am physical activity
9:00am reading / composition
10:00am movement break
10:30am history/ social studies
11:15am creativity time
12:00 lunch
1:30 math
2:30 science
3:00 movement break
3:30 miscellaneous / enrichment
4:30 chores
5:00 non-academic screen time
6:00 dinner
7:00 family time
8:30 get ready for bed/ wind-down time
9:30 bed time