



Time	Suggested Activities	Suggested Task	Suggested Resources
7:30	Wake Up, Breakfast		*See Sample Menu
8:30	Reading/Writing (60 mins) Social Studies (30 mins)	*PK-K-letter recognition/sight word practice Independent/shared reading at least 10 mins a day *1st-2nd- Review previous spelling list and activities Independent reading 15 mins a day 3rd+-Independent Reading at least 20 mins a day -Answer questions about text read -Write a response about what was read	K-2nd Online Sites -Unite for Literacy -FRY Sight Words List -Bookflix.com -ABCmouse.com -Starfall.com 3rd-12th Online Sites -Local Libraries -ReadyRoise (Spanish) -Brainpop -Reading Rainbow -PBS.com -Tween Tribune
10:00	Physical Activity	Indoor/Outdoor Fun, Gross Motor activity that increases heart rate	
11:30	DIY Projects	Task that allow for creativity and exploration (paint, color, draw, building blocks, puzzles, crafts etc)	Pintrest Youtube for Kids
12:30	Lunch/Science	Simple cooking activities are a great way to incorporate science	Youtube for Kids Food Network for Kids
1:30	Math (70 mins) Science (20 mins)	*PK-K-Number recognition/counting practice *1st-2nd- Simple Addition/Subtraction 3rd+-multiplication/division practice, algebra practice, review word problems, review previous math assignments	Pk-2nd Online Sites Khan Academy PBS Math Coolmathforkids.com 3rd-12th Online Sites Khan Academy Mathhelp.com Mathfactcafe.com PBSlearningmedia.com
3:00	Physical Activity	Indoor/Outdoor Fun, Gross Motor activity that increases heart rate	
3:30	Wrap Up Academic Activity	Complete any unfinished assignments/task Spend time reading independently Spend time learning online independently	