

Recommended Daily Regimen for High School		
8-9am	Breakfast and Morning Stretch or Walk	
9-10am	Independent Reading or Access your ELA Google Classroom for Posted Assignments	
10-11am	Math Activities (puzzles, chess, sudoku, etc.) or Access your Math Google Classroom for Posted Assignments	
11-12pm	Science or Social Studies- Watch a Documentary, Read a Non-Fiction Book, or Access your Sci/SS Google Classroom for Posted Assignments	
12-12:30pm	Lunch	
12:30-1pm	Get Fresh Air or Be Creative- Crafts, Play Music, Draw, Cook, or Bake	
1-2pm	Write a Poem, Song, or Story.	
2-3pm	Business- Watch the News and Analyze the Corona Virus Impact on Businesses or Access your Business Google Classroom for Posted Assignments	
	For students wishing to access their teacher's Google Classroom, they must reach out to their teacher to obtain the classroom code.	
	Descripton of Activity	Link to Activities
		Online Resources
		EEACS Clever Link
	Independent reading journal prompts - can be use with fiction and nonfiction text	https://drive.google.com/open?id=0B6-x_KSzpWNcX2ZrUWs0QVhPVTVBc0IobTRTQUgtbXM0MXBF
		Apex
		Khan Academy
	List of suggesting readings	https://docs.google.com/document/d/1_o-YrMap8JbuxmXzBGvjpdqupB1W9MMrMZFqU2CSWUo/edit?usp=sharing
	List of suggested movies	https://docs.google.com/spreadsheets/d/1howuCjrEGJl6Tej_Cqi7IwoqIj3lcmITp_saKpFUJE/edit?usp=sharing