



## COVID-19 REMOTE LEARNING DAILY SCHEDULE

### KNIGHTS KEEP ACTIVE

Before 9:00 AM	Wake Up	Eat breakfast, make your bed, get dressed, get focused for your day.
9:00 to 10:30 AM	Academic Time Part 1	Check Canvas, complete daily assignments for half your classes
10:30 to 11:30 AM	Morning Walk	Family walk, Yoga if it is raining
11:30 AM to 12:30 PM	Creative Time	Legos, drawing, crafting, cooking or baking, play music, etc.
12:30 PM	Lunch time	Have a protein, a vegetable, a fruit, a grain
1:00 PM	Chore Time- Help around the house	A- wipe all kitchen tables and chairs B- wipe all door handles, light switches and desktops C- wipe all bathroom sinks and toilets
1:30 to 3:00 PM	Quiet Time (Mindfulness)	Mindfulness- think B.I.G.—Breathe, Imagine (goals and dreams) and Gratitude (who/what are you thankful for) Reading, do a puzzle, take a nap
3:00 to 4:30 PM	Academic Time part 2	Check Canvas, complete daily assignments for the other half of your classes.
4:30 to 5:30 PM	Afternoon Fresh Air	Ride your bike, walk your dog, play outside- get out of the house! Get some Vitamin "N" (Nature)
5:30 to 6:30 PM	Dinner Time	
6:30 to 9:00 PM	Family Time / Free TV Time	Spend time with your family, wind down and take a shower.
9:00 PM	Bedtime	All kids
10:00 PM	Bedtime	Lights out- unplug, no screen time, give your brain a rest.