

CONTINUITY OF LEARNING WITH MS. D

School- at-Home for Grade 7 Students:

DAY 1

(MONDAYS & WEDNESDAYS)

Approximate TIME	ACTIVITY	DETAILS
8:00	Wake Up	<ul style="list-style-type: none"> • set your alarm • get out of bed right away •
8:00- 8:30	Start the Day	<ul style="list-style-type: none"> • get dressed • make the bed • brush teeth • make/ eat breakfast • clean-up breakfast dishes • take care of your family pet(s) (let out/ feed)•
"School- at- Home" Begins		
8:30- 9:00	Wellbeing and Connection: Choice (try to be screen free)	<ul style="list-style-type: none"> • Ms. D will post an activity suggestion in "Week Ahead Plan" • stretching • yoga • meditation • neighbourhood walk • act of kindness • personal diary • plan your day • colouring to music • directed drawing • prepare your learning space •
9:00- 9:55	Learn: Literacy	<ul style="list-style-type: none"> • Ms. D will post an activity suggestion in "Week Ahead Plan" •
9:55- 10:05	Snack Break	<ul style="list-style-type: none"> • prepare a quick, healthy snack or take a brain break •
10:05- 11:00	Learn: Arts Ed	<ul style="list-style-type: none"> • Ms. D will post an activity suggestion in "Week Ahead Plan" •
11:00- 12:00	Wellbeing and Connection: Physical Activity	<ul style="list-style-type: none"> • change into gym strip/ active wear • warm-up • Ms. D will post an activity suggestion in "Week Ahead Plan" • cool down • stretch • change out of gym strip/ active wear •
12:00- 1:00	Lunch	<ul style="list-style-type: none"> • prepare your own lunch or help your family to prepare lunch • clean up the kitchen and your dishes after lunch •
1:00- 1:45	Wellbeing and Connection: Household Responsibilities	<ul style="list-style-type: none"> • Ms. D will post an activity suggestion in "Week Ahead Plan" • • household chores: choose an area of your house or a chore to do during this time •
1:45- 2:30	Learn: Numeracy	<ul style="list-style-type: none"> • Ms. D will post an activity suggestion in "Week Ahead Plan" •
2:30- 3:30	Flexible Learning: Choice	<ul style="list-style-type: none"> • Ms. D will post an activity suggestion in "Week Ahead Plan" •
3:30-5:00	Free Time	<ul style="list-style-type: none"> • reading • television • play outside • bike ride • neighbourhood walk • video games • crafts • colouring • phone/ chat/ connect with your friends • board games • puzzles •
5:00- 6:00	Dinner	<ul style="list-style-type: none"> • help plan, prep and make dinner • clean up the kitchen after dinner • do the dishes • put leftovers in containers for refrigeration •
6:00-7:30	Family Time	<ul style="list-style-type: none"> • neighbourhood walk • bike ride • board game • exercise together • play with your family pet(s) • group video games • television/ movie •
7:30- 9:00	Free Time	<ul style="list-style-type: none"> • reading • television • play outside • bike ride • neighbourhood walk • video games • crafts • colouring • phone/ chat/ connect with your friends • board games • puzzles •
9:00-10:00	Bedtime	<ul style="list-style-type: none"> • set your alarm • floss & brush teeth • wash face • shower • change into pjs • read a book • limit access to electronic devices • lights out •