

## CONTINUITY OF LEARNING WITH MS. D

School- at-Home for Grade 7 Students:

# GENERAL DAILY SCHEDULE

Approximate TIME	ACTIVITY	DETAILS
8:00	Wake Up	• set your alarm • get out of bed right away •
8:00- 8:30	Start the Day	• get dressed • make the bed • brush teeth • make/ eat breakfast • clean-up breakfast dishes • take care of your family pet(s) (let out/ feed)•
8:30- 9:00	Wellbeing and Connection: Choice (screen free)	• 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/ Numeracy	• Ms. D will post an activity suggestion in "Week Ahead Plan" •either Literacy: Reading, Writing and Oral Language or Numeracy: Mathematics •
9:55- 10:05	Snack Break	• prepare a quick, healthy snack or take a brain break •
10:05- 11:00	Learn: Arts Ed/ Music (Band)	• Arts Ed (Flexible Learning) • Band (provided by Mr. Cohen) •
11:00- 12:00	Wellbeing and Connection: Physical Activity	• change into gym strip/ active wear • warm-up • online cardio/ dance/ HIIT/ exercise class • cool down • stretch • change out of gym strip/ active wear •
12:00- 1:00	Lunch	• 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	• household chores: choose an area of your house or a chore to do during this time • examples: vacuum/ sweep/ wash floors, dust living room, do the laundry, clean the bathroom, change your sheets, wipe/ sanitize horizontal surfaces and door knobs, organize closet, fold laundry/ put away, etc. •
1:45- 2:30	Learn: Literacy/ Numeracy	• Ms. D will post an activity suggestion in "Week Ahead Plan" •either Literacy: Reading, Writing and Oral Language or Numeracy: Mathematics •
2:30- 3:30	Flexible Learning: Choice	• Ms. D will post an activity suggestion in "Week Ahead Plan" •either STEAM, ADST, Outdoor Activities, Social Studies, Music, Cooking, DIY at Home, Crafting, etc. •
3:30-5:00	Free Time	• 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	• 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	• 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	• 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	• set your alarm • floss & brush teeth• wash face• shower • change into pjs• read a book• limit access to electronic devices • • lights out •