










At Home Learning - Ms. Shuster's Class (WEEK 1)

Time	Schedule	Activities										
8:00-8:30	Rise & Shine 	<ul style="list-style-type: none"> - Wake up, make your bed and get dressed. - Eat breakfast. - Move your body - do some stretching, yoga or go for a quick walk (make sure to practice physical distancing) 										
	Morning Check In 	<ul style="list-style-type: none"> - Log in to our MORNING MEETING ON ZOOM <table border="1"> <tr> <td>Monday</td> <td>9:30 -10:00</td> </tr> <tr> <td>Tuesday</td> <td>9:00-9:30</td> </tr> <tr> <td>Wednesday</td> <td>9:00-9:30</td> </tr> <tr> <td>Thursday</td> <td>9:00-9:30</td> </tr> <tr> <td>Friday</td> <td>10:00-10:30</td> </tr> </table>	Monday	9:30 -10:00	Tuesday	9:00-9:30	Wednesday	9:00-9:30	Thursday	9:00-9:30	Friday	10:00-10:30
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10:00-10:30	Daily Literacy 	<ul style="list-style-type: none"> - Please see our weekly plan under LITERACY - Talk about your picture and writing and ask a grown up in your home to write down any extra ideas you have. 										
10:30-10:45	Snack & Stretch 	<ul style="list-style-type: none"> - Have a healthy snack and go outside, make up a dance or do some balancing/stretching - Do your favourite A-Z Alphabet workout - Drink water and take deep breaths 										
10-20 minutes	Read to Self 	<ul style="list-style-type: none"> - Read quietly anything you have in your home. (Books, magazines) - Read books on EPIC (our class code is: eke9282) 										
11:00-11:30	Math 	<ul style="list-style-type: none"> - Please see our weekly plan under MATH - If you have time, play a game using a dice or subitize cards (Go Fish, Memory or Snap) Check the Learning at Home page on the class blog sd41blogs.ca/shuster/										
11:30-12:00	Connect & Care Time 	<ul style="list-style-type: none"> - Please see our weekly plan under SOCIAL EMOTIONAL LEARNING - Take time to do something nice for someone in your home - Call a family member on the phone 										
60-90 minutes	Lunch & Nature 	<ul style="list-style-type: none"> - Help your family prepare lunch. Remember to wash your hands and help clean up after you eat. - Please see our weekly plan under OUTDOOR LEARNING 										
60-90 minutes	Create and Investigate 	<ul style="list-style-type: none"> - BE CREATIVE! - Plan your PLAY choices <ul style="list-style-type: none"> - water play, construction play, maker play, light play, dramatic play (Check the Learning at Home page on the class blog and see "Play Packet" for ideas. - Spend time drawing, building, crafting, painting or doing science experiments. - Spend time working on your project for the week (on your weekly send out posted on Sundays) 										
2:45-3:00	Clean Up	<ul style="list-style-type: none"> - Put all your learning materials away for the day. Taking care of your materials is an important part of the day - Think about your favourite part of the day so far. - Share appreciations (thank someone for something that made your day great!) 										