

Suggested Schedule for Grades 3-6

Before 9am	Wake Up	Eat breakfast, make your bed, get dressed
9:00am-10:00am	Academic Time	Refer to Google Classroom
10:00am-10:30am	Fresh Air/Movement Break	Go for a walk, play outside, eat a snack etc.
10:30am-11:30am	Academic Time	Refer to Google Classroom
11:30am-12:15pm	Creative Time	Drawing, crafting, playing music, baking, coding, legos
12:15pm	Lunch/Outdoor Time	Enjoy some fresh air
1:00pm-2:30pm	Academic Time	Refer to Google Classroom
2:30pm-3:15pm	Quiet Time	Reading, puzzles, nap
3:15pm-5:00pm	Chores/Practical Life Skills	Laundry, dishwashing, sewing, preparing dinner, clean and sanitize bathrooms
5:00pm-6:00pm	Dinner	<u>Family restorative circle</u> prompts.
6:00pm-8:00pm	Free Time/Self Care	Tv, reading, and bedtime routine
8:00pm	Bed time according to your family's routine	

Ms. Jillian and Ms. Jen's
Office Hours:

9:00am -11:30 am Morning
1:00pm-3:00 pm Afternoon