

Suggested Daily Work-at-Home Schedule

| Time | Activity | Materials/Devices/Notes |
|-----------------|--|---|
| 8:30 or earlier | Eat a Healthy Breakfast. Start your Work Day by 9:00am. <ul style="list-style-type: none"> • Don't let your body sleep late like it's vacation. Keep a schedule. | |
| 9:00 | Active Learning (GoNoodle) <ul style="list-style-type: none"> • Move your body!! | <ul style="list-style-type: none"> • Try to go outside and get fresh air www.gonoodle.com |
| 9:30 | Reading/Writing Work | <ul style="list-style-type: none"> • Benchmark Universe • Assigned work from teacher |
| 10:00 | Read AR and non-AR books - 30 min <ul style="list-style-type: none"> • Read whatever you can find • If you have a reading notes journal for AR, use it! • Tumblebooks (username: saUSD- password: books) | <ul style="list-style-type: none"> • https://meet.soraapp.com |
| 10:30 | Break/Snack | <ul style="list-style-type: none"> • Try to go outside and get fresh air |
| 10:45 | Computer-Based ELA: Pick 1 thing a day, 30 minutes <ul style="list-style-type: none"> • Lexia (2-3x/week) • Moby Max Language (1x/week) | <ul style="list-style-type: none"> • send me a msg if you can't remember a PW. • You can also use THIS GUIDE |

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| | <ul style="list-style-type: none"> • Moby Max Vocabulary (1x week) • Moby Max Reading Stories (1x/week) | |
| 11:15 | <p>Math Lesson/Practice: Read through a lesson or practice a skill on Think Central in your grade level or click a link to print worksheets</p> | <p>www.commoncoresheets.com https://www.iknowit.com/</p> |
| 12:00 | <p>LUNCH/Play</p> <ul style="list-style-type: none"> • Try to go outside and get fresh air • Try to stay off devices at this time | |
| 12:45 | <p>Computer-Based Math Practice: Pick one a day. Work for 30 min.</p> <ul style="list-style-type: none"> • ST Math (2-3x/week) • Reflex (until you get the green dot)(grades 2-5) • MobyMax Math | |
| 1:15 | <p>Science, Social Studies, Art, Cursive (upper grades)</p> | <ul style="list-style-type: none"> • https://www.brainpop.com/ • https://jr.brainpop.com/ (k-1) • https://mysteryscience.com/school-closure-planning • Artforkidshub.com • https://www.tumblebooklibrary.com/Default.aspx?ReturnUrl=%2f Username: sausd Password: books • https://www.brainson.org/ |
| 2:00 | <p>PE</p> <ul style="list-style-type: none"> • Yoga <ul style="list-style-type: none"> ◦ Standing Postures ◦ Sitting Postures • GoNoodle.com | <ul style="list-style-type: none"> • Be sure to do this every day! Being stuck at home makes us “stir-crazy” |

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| | <ul style="list-style-type: none"> ○ gonoodle .com/ ○ In the TOP RIGHT CORNER , click “Get Started Now” ○ Click on “Families Play Now” • Go Outside with your family’s permission! | |
| 2:30 | Home Learning is Done | |

Need more things to do?

- Read about artists [HERE](#)
- Learn random things about music [HERE](#)
- Thinking game [Dots and Boxes](#) and a set of [random thinking games](#)
- Chores - yeah, you can finally start working on
- Send your teacher an email! Here’s how:
 - Click on Google Apps.
 - Step 1: Open Chrome. (Some of you may also need to open Google Drive steps 2, 3).
 - Step 2: Go to the TOP RIGHT CORNER find the “3x3 DOTS” icon.
 - Step 3: Click the “envelope” icon - it’s your Gmail!
 - Send a message to your teacher and tell me how you’re doing. I’ll write back. Re-read it and check your spelling before you send!
- Play a board game, card game, or do a puzzle with your family

With an adult (you might need to guide this) Kids Craft activities at home -

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/?slide=1>