

Digital Learning Routine

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:00-4:45 ELA					
4:45-5:00	Short Break – snack, restroom, walk around the house				
5:00-5:30 Math					
5:30-6:00	Long Break – eat, bike ride, restroom, family visit				
6:00-6:30 History					
6:30-6:45	Short Break – snack, restroom, walk around the house				
6:45-7:15 Science					
7:15-7:45 FLEX					
7:45-8:00	REWARD YOURSELF FOR YOUR EFFORTS!!!				

FLEX is when you can email your teachers any questions, catch up on anything you maybe did not finish, get ahead if you're feeling it, and/or do the Mental Health course



NOTES / THOUGHTS / IDEAS