

Sample Distance Learning Daily Schedule (Middle School)

Time	Activity
8:00 AM	Wake up, make your bed, change out of PJs, eat breakfast, and get ready for an awesome day!
9:00 AM	Math (Check Google Classroom or other form of communication from teacher)
9:40 AM	Break: Go for a walk/run. Move around. Do a YouTube JustDance /workout. Be active!
10:00 AM	ELA (Check Google Classroom or other form of communication from teacher)
11:00 AM	Social Studies (Check Google Classroom or other form of communication from teacher)
11:40 AM	Lunch: Eat healthy!
12:20 PM	Science (Check Google Classroom or other form of communication from teacher)
1:00 PM	Break: Go for a walk/run. Move around. Be active!
1:20 PM	Reading: Read a book, comic, or magazine.
1:40 PM	Electives/Enrichment: Work on your electives work or do an enrichment activity such as coding , art , or crafts .
2:20 PM	Break: Relax, play video games, go outside, etc.
3:00 PM	Check in with friends
5:00 PM	Chores or help prepare dinner
6:00 PM	Dinner
7:00 PM	Relax, work on passions, or spend time with family.
9:00 PM	Prep for sleep through a shower, reading, etc.
10:00 PM	Lights out. Time to sleep!

