1. Wake-up and Morning Routine

2. Breakfast

3. Movement (30 minute walk or 30 minute activity)

Choices:\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_

4. Math or Science (at the table, no screens)

5. Reading

6. Lunch and Break

Break can be: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Writing (at the table, appropriate screens allowed)

8. Community Project

9. Free Choice Time