

REMOTE LEARNING DAILY PLAN

PREPARE



Try to go to sleep and wake up at the same time every day.



Take a shower or bath and brush your teeth.



Eat a healthy breakfast.



Take the dog for a walk or run in the backyard. Get active!



Spend 20-30 minutes reading by yourself.

LEARNING



9AM

Log in to Microsoft Teams every morning and be ready for video homeroom at 9AM. Your teacher will check the roll, do devotions, and explain the daily tasks.



YOUR CHOICE

Work through the daily tasks at your own pace and doing your best, remembering to take lots of breaks to move, eat and talk with your family.



9AM-3PM

Some of the tasks may be challenging and some may be easy. Let your teacher know how you're going with the tasks.

Teachers will be available on Teams from 9AM to 3PM.



10AM or 11AM

During the week, you'll have one small group English video conference and one Maths video conference. Check the weekly contract for your group times.

RELAX



Play and enjoy doing something fun like building or creating. Or start a hobby.



Take time to pray to God, be at peace, or pause in nature.



Eat a healthy dinner with your family. Help your parents with the cooking or cleaning.



Get active! Play a game in the backyard, jump around and enjoy moving.



Spend 15-20 minutes reading with a family member.

