J. Harvey Rodgers Home Schedule

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| 8:00-9:00 | Wake Up | Eat Breakfast, Make your Bed, Put Your Pajamas in the Laundry basket, Get Dressed, Brush Your Teeth, and Start Your Ready to Learn Breathing |
| 9:00-10:00 | Academic TimeReading | Read for 20-30 Minutes with a loved one, complete reading work packets, complete a reader’s response journal or reading log, and/or watch a video of a read aloud from your teacher.  |
| 10:00-10:30 | Gross Motor/Fine Motor Break | Walking, riding your bike, dancing, yoga (Remember your goals is to get 120 minutes of physical activity per week.)Mrs. Conley will also have videos on her webpage.) |
| 10:30-11:00 | Academic TimeMathematics | Complete Math Work Packet, Math Sprints, Math Games,Online Math Games such as Kahn Academy |
| 11:00-11:30 | Hands on Fun Learning | Legos, Board Games, K’nex, Card Games, Puzzles, Mad Libs, Arts and Crafts, coloring, play dough, baking a cake with a loved one (Mrs. Kowalski will have videos for music lessons) |
| 11:30-12:15 | Lunch | Help make your lunch with a loved one. Eat healthy lunch with fruits and vegetables. |
| 12:15-1:15 | Rest Time/ Nap |  |
| 1:15-2:00 | Academic Time | Raz Kids, Kahn Academy, Educational Show, Writing Activity, Complete Activity From Your Teacher’s Webpage, Watch Read Aloud Video from your teacher’s webpage |
| 2:00-3:00 | Gross Motor/Fine Motor Break | Walking, riding your bike, dancing, yoga (Remember your goals is to get 120 minutes of physical activity per week.)Mrs. Conley will also have videos on her webpage.) |