



# WHITE STATION ELEMENTARY COVID-19 Daily Schedule

Please practice healthy hand washing routines throughout the day!

8:00-9:00	<b>Morning Routines</b>	Wake up, Eat breakfast, make your bed, get dressed, brush teeth, wash hands
9:00-10:00	<b>Physical Movement</b>	Family walk with the dog Inside Yoga/GoNoodle if it's raining
10:00-11:30 11:30-12:00	<b>Academic Time</b> (Reading, Math, Science, Social Studies)	<ul style="list-style-type: none"> <li>• Paper Packet, IReady, Zearn, Mastery Connect</li> <li>• DEAW! Drop Everything &amp; Write (writing prompts will be given)</li> </ul>
12:00-12:30	<b>Lunch/Relax</b>	Wash hands, eat a healthy meal with fruits and vegetables
12:30-1:00	<b>Creative Time</b>	Legos, drawing, crafts, music, dance, cook/bake, etc.
1:00-2:00	<b>Chore Time</b>	<ul style="list-style-type: none"> <li>• Wipe all kitchen tables and chairs</li> <li>• Wipe all door handles and desk tops</li> <li>• Wipe bathrooms - sinks/toilets</li> </ul>
2:00-3:00	<b>Outside Time</b> <b>Fresh Air/Snack/Rest</b>	Ride bike, jump on trampoline, walk the dog, play outside, take a nap
3:00-4:30 4:30-5:00	<b>Academic Time</b> (Reading, Math, Science, Social Studies)	<ul style="list-style-type: none"> <li>• Sight Words/Educational games/shows</li> <li>• Drop Everything &amp; Read (Take AR test after)</li> </ul>
5:00-6:00	<b>Dinner/Relax</b>	Eat a healthy meal with vegetables, have conversations with family
6:00-8:00	<b>Free Time</b> <b>Electronics/TV</b>	Get baths/showers, get PJs on, wind down from an eventful day
8:00 +	<b>Bedtime</b>	Get plenty of rest for a productive day tomorrow