

Grades 9-12

Time	Activity
8am - 9am	Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)
9am - 9:40am	IXL/Khan Academy math practice. Depending on level, one of the following courses are likely appropriate: <ul style="list-style-type: none"> • Algebra I – ixl.com • Algebra II – ixl.com • Geometry – ixl.com • Precalculus/Trigonometry
9:40am - 10am	Go for walk/run. Youtube JustDance /workouts if weather is bad. Maybe 15 minutes of Yoga with Adriene ?
10am - 10:40am	Computer classes (Mrs. Garcia: BIM II, Principles of Business, etc.)
10:40 - 11am	Break/walk
11am - 12pm	Science practice on Khan Academy (high school or A.P. level): <ul style="list-style-type: none"> • Biology (high school, A.P.) • Chemistry (high school, A.P.) • Physics (high school, A.P.) • Economics (micro, macro) • AP CS Principles
12pm - 1pm	Lunch - Listen to an educational podcast! Try This American Life If you like storytelling, or RadioLab or Science Friday if you like science!
1pm - 2pm	Social studies or English <ul style="list-style-type: none"> • English I, II, III, IV (or dual credit) • American history (high school, AP) • Government and politics (high school, AP) • World History • Art history • Any of the sciences above

2pm- 2:30pm	Walk/break. Maybe a guided meditation ?
2:30pm- 3:30pm	<p>Journaling/Writing</p> <p>Things to write about/prompts:</p> <ul style="list-style-type: none"> • What do you think will be the short term implications of the pandemic and the school closures? • How will society be different post pandemic? Why? • How is this virus different from the flu? Why does that matter? • What is the social impact on you of school closures? What is positive and what is negative? • Is the governmental response that you are seeing adequate? What would you do differently if you were the mayor, governor or president?
3:30pm- 11pm	Relax, go outside, work on passions, time with family.
11pm	Lights out, time to sleep!