HOW DO I STRUCTURE MY DAY?

HOME-SCHOOL DURING COVID-19

8 AM
Wake-Up, Make Bed, Shower, Dress in School Clothes (no PJs!), Eat a Balanced Breakfast, Yoga, Review Daily Schedule

9 AM
Academic Work, Connect to Teachers, Self-Study, Snack on Fruit, Drink H2O

12 PM
Eat a Balanced Lunch, Sit Outside, Listen to Music, Read a Book, Body Movement, Do a Chore for your Family

1 PM
Academic Work, Connect to Teachers, Self-Study, Snack on Veggies, Drink H2O

4 PM
Web-Connect with Loved Ones, Create a Schedule for Tomorrow, Body Movement, Brief Social Media Check-Ins, Dinner

9 PM
Wash Your Face, Put on PJs, Listen to Calm Music, E-Wave Goodbye to Friends, Have a Snack, Turn Off Your Phone, SLEEP!