

## CAS Suggested Student Daily Schedule

Time:	Activity	Details
Before 8:30 AM	Wake up	Wake up, get dressed, straighten up a space to work, have breakfast, brush your teeth
8:30-9:00	Go for a walk	Get your body moving!
9:00-9:15	Check email	Check your email for any daily announcements from your school and your teachers. Prepare questions for your teacher who will be available now during Office Hours!
9:15-10:15	Academic Time: Math	Visit your google classroom page and complete the daily assignment.
10:15-10:30	Brain Break	Your choice: - Edutyping - Go Noodle (signing up is free)
10:30-11:30	Academic time: Social Studies or Science	Visit your google classroom page and complete the daily assignment.
11:30-11:35	Brain Break	Your choice: - Edutyping - Go Noodle (signing up is free)
11:30-12:30	Academic Time: ELA	Visit your google classroom page and complete the daily assignment.
12:30-1:30	Lunch time & go outside and play	Get your energy out!
1:30-2:15	Independent Reading	Take a quiz and record in your reading log!
2:15-3:15	Academic time: Social Studies or Science	Visit your google classroom page and complete the daily assignment.
3:15-3:30	Review & reflect on the day	Review work from classes, check email for any responses or information, catch up on any work if needed