



Terrace Scholar Schedule

We Succeed Because We Believe



7:30	Good Morning!	Get up and get ready for school: Make your bed; Wash your face; Brush your teeth; Brush your hair; Get dressed!
7:45		Eat a healthy breakfast https://ausdnutrition.org/index.php?sid=0603080055078751&page=menus
8:00		Gather your school supplies and log on to your 1st LIVE meet.
8:15		LIVE Meet
9:15		Recess: Disconnect. Go outside and get some sun in your face. https://www.superhealthykids.com/kid-fitness/31-outside-activities-for-kids/
9:55		Log on to your 2nd LIVE meet.
10:00		LIVE Meet
11:00		Lunch: Go enjoy a meal and disconnect from technology. https://ausdnutrition.org/index.php?sid=0603080055078751&page=menus
11:45		Group time: If you have a group meeting log on. Otherwise, complete some of your work.
12:15-2:00		Time to complete some of your assignments: Your teacher has Office Hours hours in case you need her.
2:00	Reflect	<u>Journal Writing:</u> Write and draw about three things that you learned today or complete a gratitude journal. https://drive.google.com/file/d/1mXkfhMEGopRGcNSqgeOLBfiibA9rTEzj/view?usp=sharing
3:00	Time to Unplug	Turn off: Computer, TV., Video Games, Phone Play outside Play a board game. Play cards. Do your chores. Offer to help your parents. Play with your pets. https://busytoddler.com/
5:30	Dinner Time	Help your family set the table or prepare a meal. https://www.boystown.org/parenting/guides/Pages/at-the-table.aspx
6:30	Family Time	Spend some time with your family. Read together, talk about what happened at school today. Play a board game or cards.
7:30		Take a bath Get your clothes ready for tomorrow.
8:00		Bedtime Read for 20 minutes Have a restful night! https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html