

## High School Life Skills Schedule for E-Learning

Any questions please contact Ms. Beth Padilla

Beth Padilla: [bpadilla@riselearningcenter.org](mailto:bpadilla@riselearningcenter.org)

### Monday/Tuesday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
  - Morning meeting
  - Watch weather: [WTHR weather](#)
  - Watch CNN10: [CNN 10](#)
  - Read Chapter and answer questions
  - Work on math
  - Complete extra work
  - Read Epic book assigned readings: [Epic Books](#)
  - Class Code: sjj1493
  
- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Adaptive PE: Get your body moving! 15-30 minutes of body movement
- [https://docs.google.com/presentation/d/19D2R37-\\_czoSLkjmTK4CcVlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9\\_0\\_1](https://docs.google.com/presentation/d/19D2R37-_czoSLkjmTK4CcVlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9_0_1)
- [https://www.youtube.com/watch?v=y\\_5sOYdNmj8](https://www.youtube.com/watch?v=y_5sOYdNmj8)
- <https://www.youtube.com/watch?v=9TXGaFSNJHk>

### Wednesday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
  - Morning meeting
  - Watch weather: [WTHR weather](#)
  - Watch CNN10: [CNN 10](#)
  - Read Chapter and answer questions
  - Work on math
  - Complete extra work
  - Read Epic book assigned readings: [Epic Books](#)

- Class Code: sgj1493
- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Cooking: Help prepare a meal with your parent/guardian

#### Thursday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
  - Morning meeting
  - Watch weather: [WTHR weather](#)
  - Watch CNN10: [CNN 10](#)
  - Read Chapter and answer questions
  - Work on math
  - Complete extra work
  - Read Epic book assigned readings: [Epic Books](#)
  - Class Code: sgj1493
- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Art: <https://www.craftprojectideas.com/kindness-clothespin-circle/>

#### Friday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
  - Morning meeting
  - Watch weather: [WTHR weather](#)
  - Watch CNN10: [CNN 10](#)
  - Read Chapter and answer questions
  - Work on math
  - Complete extra work
  - Read Epic book assigned readings: [Epic Books](#)
  - Class Code: sgj1493
- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Library: Read for 30 minutes (audiobook, read, text to speech)