

Middle/High School Life Skills Schedule for At Home Learning

Any questions please contact Ms. Beth Padilla

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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: <https://fox59.com/weather/>
 - Watch CNN10: <https://www.cnn.com/cnn10>
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work

- Break: read/look at favorite book, fidget toys, songs on youtube.com
- Adaptive PE: Get your body moving! 15-30 minutes of body movement
<https://www.youtube.com/>
- https://docs.google.com/presentation/d/19D2R37-_czoSLkjmTK4CcVlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9_0_1
- <https://www.youtube.com/watch?v=99Grz6zrzil>

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: <https://fox59.com/weather/>
 - Watch CNN10: <https://www.cnn.com/cnn10>
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work
- Library: Read/look at your favorite book

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: <https://fox59.com/weather/>
 - Watch CNN10: <https://www.cnn.com/cnn10>
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work
- Break: read/look at favorite book, fidget toys, songs on youtube.com
- Art: Make a craft: <https://www.thebestideasforkids.com/handprint-valentine/>

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: <https://fox59.com/weather/>
 - Watch CNN10: <https://www.cnn.com/cnn10>
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work
- Cooking: Help prepare a meal with your parent/guardian