

During at home learning, please follow this schedule to the best of your ability. I will be available to parents by email at: [athompson@riselearningcenter.org](mailto:athompson@riselearningcenter.org) between the hours of 7:45am-3:15pm for any questions or concerns. You can also find our classroom information on our website: <https://www.riselearningcenter.org/domain/64>

Wednesday:

- Get dress
- Make bed
- Hygiene Checklist: Brush teeth, comb/brush hair etc.
- Help prepare and eat breakfast
- Daily Living Skills: Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
  
- ○ Morning meeting: Daily Warm up; Feelings Journal
- Watch weather: <https://fox59.com/weather/>
- Watch CNN10: <https://www.cnn.com/cnn10>
  
- Read Chapter and answer questions: Big Changes and Fill-in-the-blank worksheet
- Work on math: Graphing
- Complete extra work: Life skills: School conflicts
- 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-\\_czoSLkjmTK4CcVlwlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9\\_0\\_1](https://docs.google.com/presentation/d/19D2R37-_czoSLkjmTK4CcVlwlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9_0_1)
  
- <https://www.youtube.com/watch?v=99Grz6zrzil>

Thursday:

- Get dress
- Make bed

Hygiene Checklist: Brush teeth, comb/brush hair

- Help prepare and eat breakfast
- Daily Living skills: Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry).

Morning meeting: Daily Warm up; Feelings Journal

○ Watch weather: <https://fox59.com/weather/>

○ Watch CNN10: <https://www.cnn.com/cnn10>

○ Read Chapter and answer questions: Big Changes and multiple choice worksheet

● ○Work on math: Greater than/less than

○ Complete extra work: Life skills

● 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-](https://docs.google.com/presentation/d/19D2R37-_czoSLkjmTK4CcVlwlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9_0_1)

[\\_czoSLkjmTK4CcVlwlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9\\_0\\_1](https://docs.google.com/presentation/d/19D2R37-_czoSLkjmTK4CcVlwlwv2HsNd9g5Hzyjvids/mobilepresent?slide=id.g817368c8a9_0_1)

● <https://www.youtube.com/watch?v=99Grz6zrzil>