



# My e-learning day!

Today's Date

Breakfast

Lunch

Dinner

Morning Snack

Afternoon Snack

## Off-Screen Play Times

## Be Healthy

MIND - Brain Breaks and Mindful Activities

BODY - 30 Minutes of Vigorous Physical Activity AND  
30 Minutes of Body Movement (60 Minutes Total)

## Be Creative - What can I make today?

## Be Helpful - How can I help at home today?

Math

Reading

Writing

Word Work

Chinese

Specials  
PA PE VA Library