



WHAT CAN DISTANCE LEARNING LOOK LIKE AT HOME?

6TH-12TH GRADE SAMPLE SCHEDULE

MORNING



Get up and ready
Get up, get dressed, eat breakfast,
brush teeth, etc.



Academic time
Organize Learning Space.
Review daily Google Classroom
announcement from teacher(s).
Engage in first virtual session or
chat session or video tutorial or
whatever the topic is for the
day. Begin Assignments.



Break
Take a quick stretch and
nutrition break.



Academic time
Return to assignments, keep
working, document learning in
whatever way is required

Check Gmail for any additional
announcements

EAT LUNCH



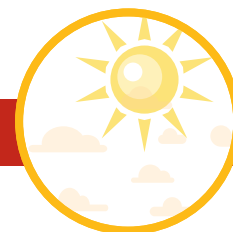
AFTERNOON



Move around
Take a walk. Dance. Do jumping
jacks. Run. Follow an online
workout routine.
Just move!



Academic time
Return to assignments, keep
working, document learning in
whatever way is required.



Fresh air!
Go outside! Be safe.

VISIT OUR DIGITAL LEARNING WEBPAGE FOR MORE INFORMATION:

www.sunprairieschools.org/district/distance-learning