

Kindergarten-4th Grade Schedule

#AspenOnline



ACTIVITY

SCREEN

Morning	Rise and Shine! Normal morning routine: Breakfast, brush your teeth, and get dressed.	OFF
8:45-9:00	<i>Morning Mindfulness</i>	ON
9:00-10:30	Communications & Literacy Block	ON
10:30-12:00	Science or Social Studies Block	ON
12:00-12:30	Essentials Block 1	ON
12:30-1:00	Lunch	OFF
1:00-1:30	Essentials Block 2	ON
1:30-3:00	Math Block	ON
3:00-3:15	Essentials (On Demand)	OFF
Evening	Play and Family Time Chores Dinner Bed Time	OFF

