

Sample COVID– 19 Daily Schedule

Time	Activity	Examples
8:00 – 8:55am	Wake up	Make bed, eat breakfast, get dressed
8:55 – 9:00am	Daily Announcements & Attendance	Log into artcollegeprep.org email account, read or watch morning announcements, click on attendance link, and submit the form.
9:00 – 10:00am	Academic Hour #1 No social media, video games, unnecessary screens at this time.	Spend the first 10 minutes reviewing your academic assignments for the day by checking your Google Calendar for due dates and Google Classroom Classwork section for materials.
10:00 – 10:20am	Break #1	Take a walk, do 20 minutes of a fitness app, watch a 20-minute sitcom, etc.
10:20 – 11:20	Arts Hour #1 No social media, video games, unnecessary screens at this time.	Spend the first 10 minutes reviewing your arts assignments for the day by checking your Google Calendar for due dates and Google Classroom Classwork section for materials.
11:20 – 12:00	Movement time	Do a free fitness app or exercise video, take a walk, dance, yoga, pushups, sit-up, & jumping jacks

12:00 – 1:00pm	Lunch time	Tune into the Deeper Connection Series, Friday Afternoon Live, and other lunchtime opportunities while eating.
1:00 – 2:00pm	Academic Hour #2 No social media, video games, unnecessary screens at this time.	Complete academic assignments that were not completed in the morning.
2:00 – 3:00pm	Arts Hour #2 No social media, video games, unnecessary screens at this time.	Complete arts assignments that were not completed in the morning.
3:00 – work complete for the day	Tying up Loose Ends	Work on any assignments due today, but not yet completed. Check for Advisory assignment. Send emails to staff. Prepare for tomorrow. Use spare time to create art, journal, or research something of interest.
Throughout the day	Office Hours	Check your teacher's office hours on Google Classroom and reach out to them for longer explanations, questions, and clarification.

