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| **Time** | **Activity** | **Notes** |
| Before 9:30AM | Morning Routine | Wake up, eat a healthy breakfast, practice positive mindset. [Mindfulness is proven to help manage stress and anxiety. We can get our brains ready by participating in meditation, stretching, and breathing exercises. If you’d like, sign up for a FREE GoNoodle account here: https://www.gonoodle.com under CATEGORIES select MINDFULNESS](https://www.gonoodle.com) |
| 9:30AM-11:00AM | Math | Review multiplying decimals by powers of 10:  We learned about multiplying decimals by powers of ten (10, 100, 1000) on Friday, March 13th. Ask your child what direction the decimal moves when multiplying (right), and how many spots the decimal moves (it moves the number of zeros present in the power of ten). See if your child can tell you what 4.68 X 1000 is (answer = 4680), or what 0.6 X 100 (answer = 60) is!  \*See below schedule for practice questions. Print out, or answer on spare paper/journal from at home. |
| 11:00AM-12:00PM | Language Arts | Silverwing Novel Study:  Continue with digitally researching and writing out your own biography on Kenneth Oppel. As we were planning for in class, biographies include: personal information, life history, personal accomplishments, other novels they’ve written, and literary techniques that they use. |
| 12:00PM-1:00PM | Lunch + Body Break | Be mindful around fueling yourself with healthy foods whenever possible! Take a fresh air break in your yard! |
| 1:00PM-2:00PM | Social Studies | Greek Newspapers:  We have been working on creating ancient Greek newspapers. Take this time to continue researching topics of interest that you could generate written articles about. Begin writing some digital articles (via your GoogleDrive accounts). Once you get your classroom materials (details on how so is still TBD), then you can print or write out/transfer these articles onto the newspaper itself. |
| 2:00PM-3:00PM | Recess + Phys. Ed. | It is important to keep maintaining regular physical activity daily. Take this opportunity to enjoy physical activity in a way that best suits you (biking, rollerblading, scootering, jogging, sets of strength or cardio-type exercises, walking, etc.). |
| 3:00PM-4:00PM | Science | Air & Aerodynamics:  We are continuing to learn about the properties of air. For the time being, explore folding paper airplanes, researching different folding methods. Explore how you can make the plane turn/spin to the left. Can you manipulate the folds to make the plane turn right? What sort of assumptions can you explain? Write your findings on a separate GoogleDrive page, as we will continue to explore flight. |





