# Daily At-Home Learning Planner

## Teacher-Assigned Tasks

- [ ] _________________________________
- [ ] _________________________________
- [ ] _________________________________
- [ ] _________________________________
- [ ] _________________________________
- [ ] _________________________________
- [ ] _________________________________

## Exploratory Learning

Complete a teacher-assigned exploratory task or do one of the following:

- Look at **some art** and respond with your art
- Listen to a **podcast** or favorite song and draw what you hear
- Make **Op Art, Abstract Art, or Faces**
- Read a **Teaching Tolerance Student Text** for your grade level
- Practice **DuoLingo**
- Other: _______________________________

## Daily Practice

- [ ] Practice instrument for 10-20 minutes
- [ ] Read 15 pages
- [ ] Practice mindful breathing
- Other: _______________________________

## Non-Screen Time Activities That Bring You ♥ Joy ♥

Choose at least one:

- [ ] Play _______________________________
- [ ] Ride your _______________________________
- [ ] Do some art
- [ ] Dance to your favorite music
- Other: _______________________________

## Physical Activity

Choose at least one:

- [ ] Take the dog for a walk
- [ ] Yoga and/or stretching
- [ ] Jog or walk the neighborhood
- [ ] Try out an **online exercise class/app**
- Other: _______________________________

## Stay Connected

Choose at least one:

- [ ] Facetime or Google Meet with friend/family
- [ ] Email a friend or family member
- [ ] Call a friend or family member
- [ ] Write a note or letter
- Other: _______________________________

## Norms

Try three before me
1. Use available online resources (ex. Khan Academy)
2. Email your teacher
3. Call/email a friend your question (5-7 minute call tops)
If these don’t help, write down your question and move on to something else (see check-ins)

## Breaks & Check-Ins

- [ ] 10-minute brain breaks in the morning and afternoon (you set the timer)
- [ ] Check-in times (you set the timer)
  - [ ] 11:00
  - [ ] 2:30