

# 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

### IF YOU'RE STUCK

- 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

