

High School Life Skills Schedule for E-Learning

Any questions please contact Ms. Beth Padilla

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Monday/Tuesday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
 - Morning meeting
 - Watch weather: [WTHR weather](#)
 - Watch CNN10: [CNN 10](#)
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work
 - Read Epic book assigned readings: [Epic Books](#)
 - Class Code: sjj1493

- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Adaptive PE: Get your body moving! 15-30 minutes of body movement
- <https://www.youtube.com/watch?v=ovB0txZo1ac>
- https://www.youtube.com/watch?v=y_5sOYdNmj8
- <https://www.youtube.com/watch?v=9TXGaFSNJHk>
- <https://www.youtube.com/watch?v=XBmrPSMe9Us>

Wednesday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
 - Morning meeting
 - Watch weather: [WTHR weather](#)
 - Watch CNN10: [CNN 10](#)
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work

- Read Epic book assigned readings: [Epic Books](#)
- Class Code: sjj1493
- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Cooking: Help prepare a meal with your parent/guardian

Thursday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
 - Morning meeting
 - Watch weather: [WTHR weather](#)
 - Watch CNN10: [CNN 10](#)
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work
 - Read Epic book assigned readings: [Epic Books](#)
 - Class Code: sjj1493
- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Art: <https://www.craftprojectideas.com/kindness-clothespin-circle/>

Friday:

- Get dress
- Make bed
- Brush teeth, comb/brush hair
- Help prepare and eat breakfast
- Help with one chore around the house (wipe table, wipe counters, clean bedroom, vacuum/sweep floor, laundry)
- Finish packet that was sent home
 - Morning meeting
 - Watch weather: [WTHR weather](#)
 - Watch CNN10: [CNN 10](#)
 - Read Chapter and answer questions
 - Work on math
 - Complete extra work
 - Read Epic book assigned readings: [Epic Books](#)
 - Class Code: sjj1493
- Break: read/look at favorite book, fidget toys, songs on youtube.com, puzzles
- Library: Read for 30 minutes (audiobook, read, text to speech)