

| <i>Daily Schedule</i> | | Elementary | Middle | High School |
|-----------------------|------------------------------------|---|---|--|
| 8:30 AM | Wake Up/Get Dressed | Wake Up/Get Dressed | Wake Up/Get Dressed | Wake Up/Get Dressed |
| 9:00 AM | Eat Breakfast | Grab and Go Food Stations https://achieve.lausd.net/resources | Grab and Go Food Stations https://achieve.lausd.net/resources | Grab and Go Food Stations https://achieve.lausd.net/resources |
| 9:30 AM | Math | www.splashlearn.com www.abcya.com https://www.prodigygame.com/ | www.abcya.com https://www.prodigygame.com / | https://www.khanacademy.org / |
| 10:00 AM | Break/Snack | Break/Snack | Break/Snack | Break/Snack |
| 10:30 AM | Language Arts (Reading/Writing) | https://www.readworks.org/Educational Games http://readwritethink.org/ Scholastic Resources | https://www.readworks.org/ http://readwritethink.org/ https://reading.ecb.org/ Scholastic Resources | https://www.readworks.org/Scholastic Resources |
| 11:30 AM | Lunch | Lunch | Lunch | Lunch |
| 12:00 PM | Lunch | Lunch | Lunch | Lunch |

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|-----------------|------------------------|--|--|---|
| 12:30 PM | Quiet Time/Free Time | https://www.downdogapp.com/schools CALM Meditation Website | https://www.downdogapp.com/schools CALM Meditation Website | https://www.downdogapp.com/schools CALM Meditation Website |
| 1:00 PM | Science/Health | https://mysteryscience.com/ https://www.healthyeating.org/ https://kids.nationalgeographic.com/ https://www.switchzoo.com/makeplay.htm https://kids.sandiegozoo.org/home https://www.farmfood360.ca/ | https://mysteryscience.com/ https://www.healthyeating.org/ https://kids.nationalgeographic.com/ https://kids.sandiegozoo.org/home https://teenshealth.org/en/teens/ https://www.farmfood360.ca/ | https://mysteryscience.com/ https://www.healthyeating.org/ https://kids.sandiegozoo.org/home https://teenshealth.org/en/teens/ https://www.farmfood360.ca/ |
| 1:30 PM | PE | https://family.gonoodle.com/ https://www.kidsmasterskills.com/ https://www.youtube.com/user/CosmicKidsYoga | https://family.gonoodle.com/ https://www.onepeloton.com/app | https://family.gonoodle.com/ https://www.onepeloton.com/app |
| 2:00 PM | Social Studies/History | https://www.cnn.com/cnn10 Brain Pop History Website PBS Learning Scholastic Online Magazines | https://www.cnn.com/cnn10 Brain Pop History Website PBS Learning Scholastic Online Magazines | https://www.cnn.com/cnn10 Brain Pop History Website PBS Learning Scholastic Online Magazines |

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|----------------|-----------------|---|---|---|
| 2:30 PM | Art/Music | https://artprojectsforkids.org/ https://created.crayola.com/home https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/ | https://artprojectsforkids.org/ https://created.crayola.com/home https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/ | https://artprojectsforkids.org/ https://created.crayola.com/home https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/ |
| 3:00 PM | Free Time | https://www.funbrain.com/ https://www.tripsavvy.com/ https://pbskids.org/ | https://www.funbrain.com/ https://www.tripsavvy.com/ | https://www.tripsavvy.com/ |
| 3:30 PM | Free Time | | | |
| 4:00 PM | Reading for Fun | https://www.uniteforliteracy.com/ https://www.storylineonline.net/ https://stories.audible.com/discovery | https://stories.audible.com/discovery | https://stories.audible.com/discovery |
| 4:30 PM | Family Fun Time | Board Games Movies Listen to Music | Board Games Movies Listen to Music | Board Games Movies Listen to Music |
| 5:30 PM | Dinner | https://www.lafoodbank.org/ | https://www.lafoodbank.org/ | https://www.lafoodbank.org/ |

For additional schedule examples:

<https://www.khanacademy.org/>