	By noon Brush your teeth Get dressed														
By 1:3	☐ Make yourself lunch ☐ Do 25 jumping jacks, then come in and lay still until your body calms down. Repeat 3 times														
By 5pm															
0	 Complete a section of Rosetta Stone or <u>Duolingo</u> Pre-write or plan a Creative Writing Story with your brother with a setting, characters and plot on post-it notes or index cards. Tell your parent about what you plan to write about. Listen to Classical Piano for ten minutes while sketching what you see Drink 8 glasses of water daily 														

General Template- adapted from "The Well-Trained Mind" by Susan Wise Bauer and Jessie Wise

If your child isn't fluent with his/her math facts learn a multiples song