

Daily routines:

Name: _____

- ❖ Using Google Chrome, log into (Launchpad.classlink.com/ocps), select **Canvas**
- ❖ Click on course for that period
- ❖ Check announcements
- ❖ Submit homework / work due/missing work
- ❖ 4 minute Transition / Brain Break between classes
 - Take a walk; get a snack; stretch; mind meditation/yoga
- ❖ Identify work not completed for homework



Period	Time	Teacher / Location(Room)	Subject	Activity Options/Equipment
	9:00 - 9:30			<i>Dress for Learning. Breakfast. Gather school supplies.</i>
1	9:30 – 10:21 W 9:30 – 10:12	T: R:		
2	10:25 – 11:12 W 10:16 – 10:54	T: R:		
LUNCH A	11:12 – 11:42 W 10:54 – 11:24	Fuel your brain – find a healthy meal. Use restroom. Sanitize.		Take a walk; stretch; mind meditation/yoga
3	11:46 – 12:33 W 11:38 – 12:06	T: R:		
4	12:37 – 1:24 W 12:10 – 12:48	T: R:		
5	1:28 – 2:15 W 12:52 – 1:30	T: R:		
6	2:19 – 3:06 W 1:34 – 2:12	T: R:		
7	3:10 – 3:57 W 2:16 – 2:54	T: R:		

Staying mentally sharp!

- Focus; temple massages; long deep breathes; stand – shake your fingers & rotate shoulders; healthy snacks (high protein / high carbs)

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2	10:25 – 11:12 W 10:16 – 10:54	T: R:		
3	11:16 – 12:03 W 10:57 – 11:36	T: R:		
LUNCH B	12:03 – 12:33 W 11:36 – 12:06	Fuel your brain – find a healthy meal. Use restroom. Sanitize.		Take a walk; stretch; mind meditation/yoga
4	12:37 – 1:24 W 12:10 – 12:48	T: R:		
5	1:28 – 2:15 W 12:52 – 1:30	T: R:		
6	2:19 – 3:06 W 1:34 – 2:12	T: R:		
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2	10:25 – 11:12 W 10:16 – 10:54	T: R:		
3	11:16 – 12:03 W 10:58 – 11:36	T: R:		
4	12:07 – 12:54 W 11:40 – 12:18	T: R:		
LUNCH C	12:54 – 1:24 W 12:18 – 12:48	Fuel your brain – find a healthy meal. Use restroom. Sanitize.		Take a walk; stretch; mind meditation/yoga
5	1:28 – 2:15 W 12:52 – 1:30	T: R:		
6	2:19 – 3:06 W 1:34 – 2:12	T: R:		
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