**Virtual Learning Daily Planner**

**Hempstead High School**

**2020-2021**

The following table can be used to model/plan out your daily routine while you are at home for virtual learning days. It is important to maintain a schedule in order to continue your learning at home. While filling in the time slots, be conscious of giving yourself time for breaks, meals, etc. This is a working document, that you can update as changes to your schedule occur. Be sure to include all of your classes and school obligations as you create your chart.

 Below is an example schedule that you can use to model yours after.

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| **Time** | **Class/Task** |
| 7:30-8:15 | English |
| 8:30-9:15 | Geometry |
| 9:30-10:15 | World History |
| 10:30-11:15 | Foods (Intro to Culinary) |
| 11:15-12:00 | Lunch |
| 12:00-12:45 | French |
| 1:00-1:45 | Wellness |
| 2:00-2:45 | Biology |
| 2:45-3:45 | Self-Care: Exercise (get outside if you can), listen to music, take a short nap…do something you enjoy. |
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Here is a blank table for you to create your schedule; feel free to create custom time slots, tasks, and place them in any order you see fit. **Don’t forget to schedule time for yourself and your brain health as you work on virtual assignments!**

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| **Time** | **Class/Task** |
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