

H.U.S.D. Secondary

Suggested Daily Schedule

Time	Suggested Enrichment Activities & Resources <i>(Modify as needed based on your family's needs.)</i>
8:00 - 9:00 a.m.	☀️ Start your day: Wake up, stretch, make your bed, eat breakfast, clean up your dishes, and get ready for the day!
9:00 - 9:45 a.m.	📖 Math: Complete a Math Enrichment Activity from the provided packet or from the H.U.S.D. math digital resources at HemetLearnsTogether.org .
9:45 - 10:00 a.m.	🧠 Brain Break: Use the restroom, stretch, & eat a healthy snack!
10:00 - 10:45 a.m.	📖 English Language Arts: Complete an ELA Enrichment Activity from the provided packet or from the H.U.S.D. ELA digital resources at HemetLearnsTogether.org . Then spend 20-30 minutes reading a book!
10:45 - 11:30 a.m.	😄 Exercise Break: Take a walk outside or try some workout programs on darebee.com .
11:30 - 12:30 p.m.	🍷 Lunch & Free Time: Eat lunch, clean up your dishes, use the restroom, and do something you enjoy! (Check Hemetusd.org for updated lunch pick-up day, time, & locations.)
12:30 - 1:00 p.m.	📝 Creative Writing/Journaling: Spend some time writing about a topic of your choice! Write your own stories or poems or keep a journal of your thoughts. Here are some writing prompts to get you started: <ul style="list-style-type: none"> • <i>What are you excited or worried about?</i> • <i>Write a letter to yourself 10 years in the future. What do you want to tell your future self?</i> • <i>How do you think the world will be different after the coronavirus pandemic?</i> Explore more journal topics here or create your own!
1:00 - 2:45 p.m.	🔬 Science: Complete a Science Enrichment Activity from the provided packet or from the H.U.S.D. science digital resources at HemetLearnsTogether.org .
2:45 - 3:00 p.m.	🧠 Brain Break: Use the restroom, stretch, & eat a healthy snack!
3:00 - 3:30 p.m.	📖 Social Studies: Complete a Social Studies Enrichment Activity from the provided packet or from the H.U.S.D. social studies digital resources at HemetLearnsTogether.org .
Explore additional enrichment activities at HemetLearnsTogether.org	



#HemetLearnsTogether