

IS 238 SAMPLE DAILY ROUTINE

**STICK TO YOUR ROUTINES AND
STAY A CONNECTED COMMUNITY!**

7:00AM

Wake up: Getting an early start will help you stick to your plans for the day! Use this time to brush your teeth, take a bath, get dressed, eat some breakfast, prepare for class - just like you would before going to school!

8:10AM-2:40PM

Log into Google Classroom: Make sure to follow your normal class schedules and stay up to date with your assignments. Your teachers will be online at the same time and they can help you if you have any trouble!

2:45PM-3:45PM

Check in with your friends! Give them a call, text, video chat, play an online game with them, or help each other with class assignments.
It's important to stay connected with others!

REMINDER

When you don't have a scheduled class, take a break! This is the perfect time to eat lunch or engage in a fun activity (art, write, play a game, listen to music, etc.)

3:45PM-BEDTIME

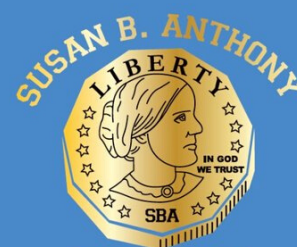
1. Help your family with chores and finish homework assignments
2. Free time
3. Eat dinner
4. Listen to your parents and guardians
5. Go to bed early so that you can have energy for tomorrow!

REACH OUT

To your teachers and guidance counselors if you need additional support.



Counseling In Schools
Awakening Possibilities



I.S. 238