

Elementary Extended Content Standards Schedule (ECS)

As of 4/9/2020: all schedules subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
30 minutes	Wake up/ Daily Living Skills/ Breakfast/ Physical Activity				
30 minutes	Morning Meeting				Instructional Support
30 minutes	ELA				
5 minutes	Movement Break/ Song				
30 minutes	Math				
5 minutes	Movement Break/ Song				
10 minutes	Snack				
30 minutes	Science	Social Studies	Science	Social Studies	
10 minutes	Afternoon Meeting				
11:00am - 1:00pm	Lunch				
1:00- 3:00	Office Hours: I will be on my computer from 1-2 pm but I will be answering emails until 8pm. My email is lchildrey@wcpss.net				

Suggested Activities:

Daily Living Skills	Wash face, brush teeth, make bed, help make breakfast, clean up breakfast
Physical Activity	Go for a walk, sets of simple exercises, exercise video, climb stairs (if available)

Movement Break	GoNoodle, YouTube (Laurie Berkner, Patty Shukla)
Interactive Games/ Activities	Starfall
Afternoon Meeting	Journaling events from the day, read aloud from a book, talk about feelings

Sites Used:

Unique Learning Systems - [n2y.com](https://www.n2y.com)