

Suggested Daily Work Plan/Schedule for 9-11

Time	What	How
Wake up- 1 hr later	Morning Routine (Practical Life)	Make bed, tidy room, eat breakfast, brush your teeth, get dressed, do any other morning chores (keep a routine similar to your school schedule is helpful)
1 hour	Work Cycle (Math)	Go to TMES 9-11 webpage for links to begin. Daily math worksheet on Google Classroom. Daily assigned IXL math practice.
30+ minutes	Daily Journal	Follow the prompt on Google Classroom. Use spell check and make sure you wrote in paragraph form, then turn it in.
30 minutes	Snack and Outdoor Time (Connection Time)	Family walk, snack break, exercise indoors if the weather is bad
1 hour	Work Cycle (Language)	Daily assigned IXL language practice, listed on Google Classroom. Readworks assigned article, listed on Google Classroom. Answer the comprehension questions.
30+ minutes	Creative Time/ Enrichment	Work on the RAK lesson for the week, the TMEMS calendar activity OR practical life activities, drawing, crafting, practice your instrument, independent research project, or the enrichment activities on Google Classroom.
1 hour	Lunch (Practical Life)	Help with lunch tasks (setting the table, meal prep, serving others, picking up/washing own dishes, sweeping etc.)
1 hour	Afternoon Outdoor Time (PE/Recess)	Bikes, walk the dog, play outside, board/card games if the weather is bad, indoor exercise options such as push-ups, sit ups, stretches.
30+ minutes	Reading	Read the novel/book of your choice. Record your work in your reading log on Google Classroom.
30+ minutes	Work Cycle (afternoon)	Finish any daily assignments not finished in the morning work cycle.
30+ minutes	Chore Time (Montessori Practical Life)	Contribute to your family household. See practical life suggestions on 9-11 webpage.
	Unstructured Downtime	Up to your family :) Self-Care, Free Choice, Family Time
About 8:00pm	Bedtime Routine	Shower, brush teeth, read a bedtime story, get rest