



Continued Learning Opportunities Learning from Home

8:15	<i>Good Morning!</i>			
8:30	<i>Warm-Up Your Mind</i>	Social-Emotional Well Being Growth Mindset Series Episode 1 Episode 2 Episode 3 Episode 4 Episode 5 Mindfulness Morning Yoga Moana Yoga		
8:45	<i>Online Learning</i>	Language Arts Starfall Readworks RazKids	Math NCTM Illuminations Math Playground Zearn Khan Academy Kids Greg Tang Math Games Splash Math Cool Math	Other Resources Clever BrainPop ABCYa MobyMax Scholastic
10:00	<i>Brain Break</i>	Go Noodle Fluency & Fitness Kids Workout 1 Kids Workout 2 Family Fun Cardio		
10:15	<i>STEAM</i>	Science/Social Studies Natural History Museum San Diego Zoo Time for Kids Nat Geo Mystery Science	Technology Hour of Code Typing.com Typing Club MineCraft	Art & Music Art for kids Learning for Kids (TK-2) Classics for Kids
11:15	Free to-go Breakfast and Lunch at all schools except AHS and AACHS (11-12 pm)			
12:15	<i>Read Aloud</i>	Epic! StoryLine		
12:45	<i>Reflect</i>	Journal Writing: Write and draw about three things that you learned today.		
1:15	<i>Time to Unplug</i>	Play in the backyard. Play a board game. Play cards. Do your chores.		
7:30	<i>Family Time</i>	Cuddle up with a good book! Read to your children or have them read to you.		
8:00	<i>Bedtime</i>			



[Alvord's Educational Services](#)

TV Programming

[PBS SoCal](#): Pre-K to 2nd [KLCS](#): 3rd to 8th [KCET](#): 9th to 12th