

## Preschool, kindergarten, 1st grade and 2nd grade

| Time            | Activity   |
|-----------------|--|
| 8am - 9am       | Breakfast/Get ready for an awesome day! And yes, change out of PJs :)  |
| 9am - 9:30am    | <p><a href="#">Khan Academy Kids</a> (ideally doing it while sitting next to a parent or older sibling giving them positive feedback for effort). Khan Academy kids starts at the basics of letters, numbers, and social emotional learning and goes through the first grade standards in math, reading, writing and social emotional learning.</p> <p>For students with stronger literacy and motor skills:<br/>Khan Academy <a href="#">Kindergarten</a>, <a href="#">1st grade</a> and <a href="#">2nd grade</a> math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that <a href="#">we've seen teachers use to great effect</a> is to have <b>all</b> students start on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc. This helps ensure that older students are progressing without accumulating gaps. It also helps build momentum and confidence.</p> <p>Course challenges and unit tests can be used to accelerate through material. For students with minimal gaps, they should be able to get through a previous year's content in 1-3 hours.</p> |
| 9:30am - 10am   | Play. Ideally outside if weather permits.  |
| 10am - 10:30 am | <p>Reading time. Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own.</p> <p>Suggested books (by reading level):</p> <ul style="list-style-type: none"> <li>• There are 100+ books that students can read or have read to them on Khan Academy Kids</li> <li>• The <a href="#">ALSC summer reading</a> list is also a great resource</li> </ul>  |
| 11am - 11:30am  | Break. Ideally run around and play outside.  |
| 11:30am - 12pm  | Writing practice   |

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|            | <ul style="list-style-type: none"> <li>• Write and illustrate a story about someone having a funny adventure when they stay home sick.</li> <li>• Draw a picture of what you think a virus looks like. Tell about the different parts and how you think they work.</li> </ul> |
| 12pm - 1pm | Lunch - Listen to an educational podcast! Try <i>Wow in the World!</i> If you like science, <i>Stories Podcast</i> or <i>Circle Round</i> to hear a story, or <i>Noodle Loaf</i> to learn about music!  |
| 1pm-7pm    | Relax, go outside, work on passions, time with family.  |
| 7-8pm      | Lights out, time to sleep!  |

## Grades 3 - 5

| Time         | Activity  |
|--------------|---|
| 8am - 9am    | Breakfast/Get ready for an awesome day! And yes, change out of PJs :)   |
| 9am - 9:40am | <p>Assuming you've gotten a good night of sleep, your thinking will be sharpest in the morning so let's start the day strong with some math! Whoo hoo!</p> <p>Khan Academy math practice has got your back. Depending on your confidence and grade level, one of the following courses are likely good for you:</p> <ul style="list-style-type: none"> <li>• <a href="#">2nd grade math</a></li> <li>• <a href="#">3rd grade math</a></li> <li>• <a href="#">4th grade math</a></li> <li>• <a href="#">5th grade math</a></li> </ul> <p>One practice that <a href="#">we've seen teachers and students use to great effect</a> is to start, regardless of age, on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc.</p> <p>Course challenges and unit tests can be used to accelerate through material. If you don't have too many gaps, you should be able to get through a previous year's content in 1-3 hours. If you do have gaps, it</p> |

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|                   | <p>may take a bit longer, but that is good! This is your chance to fill in those gaps that might otherwise hold you back in the future. You'll see that if you are able to put in at least a solid 30 minutes a day of math practice and keep leveling up skills, you'll see big gains and, most importantly, really see the world in new and exciting ways!</p> <p>One you are at your grade level, try to set a goal of leveling up at least 3 skills a week.</p>  |
| 9:40am - 10am     | Play. Ideally play outside. Get that heart pumping.  |
| 10am - 10:30 am   | <p>We just released the first version of reading comprehension practice on Khan Academy. It is grouped by grade level:</p> <ul style="list-style-type: none"> <li>• <a href="#">2nd grade</a></li> <li>• <a href="#">3rd grade</a></li> <li>• <a href="#">4th grade</a></li> <li>• <a href="#">5th grade</a></li> <li>• <a href="#">6th grade</a></li> <li>• <a href="#">7th grade</a></li> <li>• <a href="#">8th grade</a></li> </ul> <p>We recommend starting at your grade level and doing 1-2 practice sets per day (or 10 practice sets per week). This should take about 10-20 minutes per day. If you find it difficult, completely okay to start at an earlier grade level. Likewise, if you find the passages and questions to be easy, feel free to move to higher grade levels.</p> |
| 10:30am - 11am    | <p>Silent reading. Curl up with a favorite book or magazine. Here is a great list of titles that you might want to get your hands on:</p> <p><a href="http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-grades3-5.pdf">http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-grades3-5.pdf</a></p>   |
| 11am - 11:20am    | Break/walk/play. Try to get that heart pumping again!  |
| 11:20am - 11:40am | <p>Khan Academy Grammar:</p> <p><a href="https://www.khanacademy.org/humanities/grammar">https://www.khanacademy.org/humanities/grammar</a></p> <p>Recommend starting by taking the course challenge a few times to figure out what you know and don't know.</p>   |
| 11:40 am - 12pm   | <p>Journaling/writing. Things to write about/prompts:</p> <ul style="list-style-type: none"> <li>• Write a funny or exciting adventure story about what happens when school is closed.</li> </ul>  |

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|            | <ul style="list-style-type: none"> <li>• What are you excited or worried about?</li> <li>• Write a letter to yourself 10 years in the future. What do you want to tell your future self?</li> <li>• How do you think the world will be different after the novel corona virus?</li> </ul> |
| 12pm - 1pm | Lunch - Listen to an educational podcast! Try <i>Brains On!</i> If you like science, <i>Forever Ago</i> if you like history, or <i>Story Pirates</i> to hear funny stories written by kids.   |
| 1pm-2pm    | Enrichment: <a href="#">Khan Academy computer programming</a><br>Programming computers is far more fun and creative than you probably ever imagined. Start by creating fun cartoons and animations and work your way up to creating fun games that your friend can play.                  |
| 2pm-8pm    | Relax, go outside, work on passions, time with family.  |
| 8-9pm      | Lights out, time to sleep!  |

## Grades 6-9

| Time         | Activity   |
|--------------|--|
| 8am - 9am    | Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)  |
| 9am - 9:40am | <p>Let's start strong with some serious math brain training. Remember your brain is like a muscle, the more you use it the stronger it gets!</p> <p>Khan Academy math practice. Depending on level, one of the following courses are likely appropriate:</p> <ul style="list-style-type: none"> <li>• <a href="#">6th grade math</a></li> <li>• <a href="#">7th grade math</a></li> <li>• <a href="#">8th grade math</a></li> <li>• <a href="#">Algebra I</a></li> <li>• <a href="#">Geometry</a></li> </ul> |

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|                | <p>One practice that <a href="#">we've seen teachers and students use to great effect</a> is to start, regardless of age, on <a href="#">Kindergarten</a> and then move to <a href="#">1st grade</a>, <a href="#">2nd grade</a>, etc.</p> <p>Course challenges and unit tests can be used to accelerate through material. If you don't have too many gaps, you should be able to get through a previous year's content in 1-3 hours. If you do have gaps, it may take a bit longer, but that is good! This is your chance to fill in those gaps that might otherwise hold you back in the future.</p>  |
| 9:40am - 10am  | <p>Go for walk/run. Youtube <a href="#">JustDance</a>/workouts if weather is bad. Maybe <a href="#">15 minutes of Yoga with Adrien</a>?</p>  |
| 10am - 11am    | <p>Reading time. Here is a list of good books for grades 6-8:<a href="http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-grades6-8cor.pdf">http://www.ala.org/alsc/sites/ala.org.alsc/files/content/compubs/booklists/summer/alsc-2019-summer-reading-list-grades6-8cor.pdf</a></p> <p>Here is <a href="#">another list</a>.</p> <p>Sal Khan's favorite science fiction books that he read around your age include:</p> <ul style="list-style-type: none"> <li>● <i>Foundation</i>, by Isaac Asimov</li> <li>● <i>Ender's Game</i>, by Orson Scott Card</li> <li>● <i>Hitchhiker's Guide to the Galaxy</i>, by Douglas Adams</li> </ul>   |
| 11am - 11:20am | <p>Break. Walk/run outside if possible.</p>  |
| 11:20am - 12pm | <p>Khan Academy Grammar:<br/><a href="https://www.khanacademy.org/humanities/grammar">https://www.khanacademy.org/humanities/grammar</a></p> <p>Recommend starting by taking the course challenge a few times to figure out what you know and don't know.</p> <p>Journaling/Writing<br/>Things to write about/prompts:</p> <ul style="list-style-type: none"> <li>● What would you do? Research how the virus spreads and different plans that leaders have made to slow it or stop it. Then imagine you are an elected official. Write a plan of your own to slow or stop the virus in your own town.</li> <li>● What are you excited or worried about?</li> <li>● Write a letter to yourself 10 years in the future. What do you want to tell your future self?</li> </ul> |

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|               | <ul style="list-style-type: none"> <li>• How do you think the world will be different after the novel coronavirus?</li> <li>• What part would you play? People in many, many different jobs play a role in managing this outbreak. Make a list of jobs that can contribute to a solution, and write about which job you'd want and why.</li> </ul>                                     |
| 12pm - 1pm    | Lunch - Listen to an educational podcast! Try <i>RadioLab</i> if you like science, <i>Forever Ago</i> if you like history, or <i>Goodnight Stories for Rebel Girls</i> if you like biographies   |
| 1pm - 2pm     | Science and social studies. Khan Academy high school biology could be used. Do research on what a virus is and how it spreads. Keep track of the news and how the various countries are responding to the pandemic. Khan Academy resources: <ul style="list-style-type: none"> <li>• High school biology</li> <li>• American history</li> <li>• Computer science principles</li> </ul> |
| 2pm-2:30pm    | Walk/break   |
| 2:30pm-3:30pm | Enrichment: Khan Academy computer programming  |
| 3:30pm-9pm    | relax, go outside, work on passions, time with family.   |
| 9-10pm        | Lights out, time to sleep!   |

## Grades 10-12

| Time         | Activity  |
|--------------|---|
| 8am - 9am    | Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)   |
| 9am - 9:40am | Khan Academy math practice. Depending on level, one of the following courses are likely appropriate: <ul style="list-style-type: none"> <li>• <a href="#">Algebra II</a></li> <li>• <a href="#">Geometry</a></li> <li>• <a href="#">Precalculus/Trigonometry</a></li> <li>• <a href="#">AP Calculus AB or BC</a></li> </ul> |

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|                | <ul style="list-style-type: none"> <li>• <a href="#">AP Statistics</a></li> </ul>  |
| 9:40am - 10am  | Go for walk/run. Youtube <a href="#">JustDance</a> /workouts if weather is bad. Maybe <a href="#">15 minutes of Yoga with Adrien</a> ?   |
| 10am - 10:40am | <a href="#">Official SAT Practice (math, reading and writing)</a>  |
| 10:40 - 11am   | Break/walk   |
| 11am - 12pm    | Science practice on Khan Academy (high school or A.P. level): <ul style="list-style-type: none"> <li>• Biology (<a href="#">high school</a>, <a href="#">A.P.</a>)</li> <li>• Chemistry (<a href="#">high school</a>, <a href="#">A.P.</a>)</li> <li>• Physics (<a href="#">high school</a>, <a href="#">A.P.</a>)</li> <li>• Economics (<a href="#">micro</a>, <a href="#">macro</a>)</li> <li>• <a href="#">AP CS Principles</a></li> </ul>  |
| 12pm - 1pm     | Lunch - Listen to an educational podcast! Try <i>This American Life</i> If you like storytelling, <i>RadioLab</i> or <i>Science Friday</i> if you like science, or <i>Stuff You Missed in History Class</i> if you like history.   |
| 1pm - 2pm      | Social studies or second science <ul style="list-style-type: none"> <li>• American history (<a href="#">high school</a>, <a href="#">AP</a>)</li> <li>• Government and politics (<a href="#">high school</a>, <a href="#">AP</a>)</li> <li>• <a href="#">World History</a></li> <li>• <a href="#">Art history</a></li> <li>• Any of the sciences above</li> </ul>  |
| 2pm-2:30pm     | Walk/break. Maybe a <a href="#">guided meditation</a> ?  |
| 2:30pm-3:30pm  | Journaling/Writing<br>Things to write about/prompts: <ul style="list-style-type: none"> <li>• What do you think will be the short term implications of the pandemic and the school closures?</li> <li>• How will society be different post pandemic? Why?</li> <li>• How is this virus different from the flu? Why does that matter?</li> <li>• What is the social impact on you of school closures? What is positive and what is negative?</li> <li>• Is the governmental response that you are seeing adequate? What would you do differently if you were the mayor, governor or president?</li> </ul> |
| 3:30pm-11pm    | Relax, go outside, work on passions, time with family.   |

11pm

Lights out, time to sleep!