

Daily Checklist Example

Language Arts

- ☐ Reading: Live online at 9:00; read for 20 minutes
- ☐ Writing:
- ☐ GUM:
- ☐ Word Work:

Brain Break

- ☐ Dance Party

Math

- ☐ p. 21 #1-4

Brain Break

- ☐ Go outside and play for 5 minutes.

Science

- ☐ Gravity Experiment

Social Studies

- ☐ None today

Lunch and PE

- ☐ Ham Sandwich and apple sauce
- ☐ Play Basketball for 20 minutes

Art, Music or Other Classes

- ☐ Draw with Mo Willems

Today's Free Time Choices

- ☐ Build with Legos
- ☐ Do a puzzle
- ☐ Play a game — board game or online game
- ☐
- ☐

_____ 's Daily Checklist

Language Arts

- ☐ Reading:
- ☐ Writing:
- ☐ GUM:
- ☐ Phonics or Word Work:

Brain Break

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Math

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Brain Break

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Science and/or Social Studies

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Lunch and PE

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Specials

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Today's Free Time Choices

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Creating Routines Checklist

How do you want to FEEL when you start/end your day? What kinds of things do you want/need to accomplish to help you achieve that feeling?

Self-care Plan

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Morning Routine

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Work Startup Routine

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Work Shutdown Routine

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Meal Plans Checklist

Breakfast Options

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- ☐
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Lunch Options

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Dinner Plans

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I Need Help Signup

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My Free Time Choices

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Entertaining Littles Checklist

List ways you'll sooth a fussy baby or toddler, activities they can do and enjoy while playing near you while you work.

☐ Basket of toys for phone calls and LIVE online teaching time

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