**Grades 6-9**

**Time** | **Activity**
---|---
9am - 9:40am | Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs.

**9:40am - 9:50am**

**9:40am - 9:50am** | Make a list of different things that you could do in your free time. 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's okay. This is your chance to fill in those gaps that might otherwise hold you back in the future.

**9:50am - 10am** | Go for a walk/ run outside if possible.

**10am - 10:20am** | Breakfast. Eat outside if the weather is bad. Maybe 15 minutes of yoga, if you like.


**11am - 11:20am** | Khan Academy Math Practice: Depending on your level, one of the following courses is likely appropriate:

- **4th grade math**
- **5th grade math**
- **6th grade math**
- **7th grade math**
- **8th grade math**
- **Algebra**
- **Geometry**

One practice that we've seen teachers and students use to great effect is to start, regardless of age, on Kindergarten and then move to 1st grade, 2nd grade, etc.

Course challenges and extra units can be worked on if you finish everything 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's okay. This is your chance to fill in those gaps that might otherwise hold you back in the future.

**11:20am - 12pm** | Khan Academy Science and Social Studies: Khan Academy high school biology could be used. Do research on what a strain and how it spreads, keep track of the news and how the serious consequences are responding to the pandemic.

Khan Academy Computer Programming:

- **High School Algebras**
- **Algebra Fundamentals**
- **Computer science pre-algebra**

**2pm - 2:25pm** | Web Break

**2:25pm - 3:30pm** | Enrichment:

- **Coding/ Express coding block based for beginner**
- **Khan Academy computer programming** (Block based for beginners)

Programming computers in fun and creative than you probably ever imagined. Both these resources short of being fun and interesting and want your way up to creating fun games that your friends can play.

**3:30pm - 4pm** | Lunch - Listen to an educational podcast! Try National Public Radio. K-12. Check out: 

- **Khan Academy Math Practice**
- **Khan Academy English Grammar**
- **Khan Academy Science and Social Studies**
- **Khan Academy Computer Science**

**4pm - 5pm** | Journaling/Writing: Things to write about/prompts:

- What would you do? Research how the virus spreads and think about what is likely done to make it stop or slow it down. Think about what are the least affected officials. Write a plan of how it is to slow down the virus in your town.
- What are you proud of? What are you most proud of? Write a letter to yourself 10 years in the future. What do you want to do in your future self?
- Where do you think the world will be different after the novel coronavirus? What part would you be in? People in many, many different jobs also play a role in managing this outbreak. Have a list of jobs that can contribute to a solution, and write about which job you'd want to play.

**5pm - 6pm** | Science and social studies: Khan Academy high school biology could be used. Do research on what a strain and how it spreads, keep track of the news and how the serious consequences are responding to the pandemic.

Khan Academy resources start by creating fun cartoons and animations and work your way up to creating fun games that your friends can play.

**6pm - 8pm** | Games:

- **Khan Academy Kids Code**: Use YouTube, Khan Academy Resources:

  - **Hit the Grid**: check out:

  - **Reading time. Here is a list of good books for grades 6-8:**

    - **Love, Lulu**
    - **Shark in the Pan**
    - **Sparks**
    - **Lights out, time to sleep!**

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