<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8am - 9am</td>
<td>Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)</td>
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| 9am - 9:40am | Khan Academy math practice. Depending on level, one of the following courses are likely appropriate:  
  - Algebra II  
  - Geometry  
  - Precalculus/Trigonometry  
  - AP Calculus AB  
  - AP Calculus BC  
  - AP Statistics  
  
  Our [Weekly Math Learning Plans](#) for Geometry through Algebra 2 will keep you on track and motivated to finish the school year strong. |
| 9:40am - 10am | Go for walk/run. Youtube [JustDance](#) /workouts if weather is bad. Maybe 15 minutes of [Yoga with Adriene](#)? |
| 10am - 10:40am | **Official SAT Practice (math, reading and writing)** |
| 10:40am - 11am | Break/Walk |
11am - 12pm
Science practice on Khan Academy (high school or A.P. level):

- Biology (high school, A.P.)
- Chemistry (high school, A.P.)
- Physics (high school, A.P.)
- Economics (micro, macro)
- AP CS Principles

12pm - 1pm
Lunch - Listen to an educational podcast! Try This American Life If you like storytelling, or RadioLab or Science Friday if you like science!

1pm - 2pm
Social studies, second science, or foreign language practice:

- American history (high school, A.P.)
- Government and politics (high school, A.P.)
- World History
- Art history
- Any of the sciences above

For foreign language practice, check out Duolingo.

2pm - 2:30pm
Walk/break. Maybe a guided meditation?
Journaling/Writing

Things to write about/prompts:

- What do you think will be the short term implications of the pandemic and the school closures?
- How will society be different post pandemic? Why?
- How is this virus different from the flu? Why does that matter?
- What is the social impact on you of school closures? What is positive and what is negative?
- Is the governmental response that you are seeing adequate?
- What would you do differently if you were the mayor, governor or president?

Relax, go outside, work on passions, time with family.

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Lights out, time to sleep!

Bonus

If you’re looking for more suggestions for music, dance, drawing, painting, reading and other activities, check out:

- [Wide Open School](http://Wide Open School), a collection of resources curated and vetted by Common Sense Media.