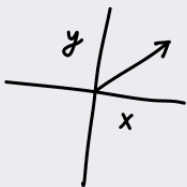
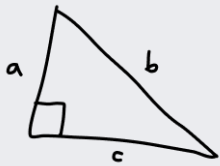


Grades 10-12

| 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 | <p data-bbox="561 659 1013 701">Khan Academy math practice.</p> <p data-bbox="561 764 1377 961">Our new Get ready for grade level courses are perfect for the start of a new school year with their focus on the essential math skills you will need for your upcoming school year.</p> <p data-bbox="561 1033 1380 1171">Once you have mastered the Getting ready course, you can move on to your grade level course. Try to set a goal of leveling up at least 3 skills a week.</p> <ul data-bbox="561 1192 1273 1600" style="list-style-type: none">• Get ready for Algebra 2 before moving on to Algebra 2• Get ready for Geometry before moving on to Geometry• Precalculus/Trigonometry• AP Calculus AB• AP Calculus BC• AP Statistics |
| 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.](#)) ([HS bio learning plan](#))
- 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.](#)

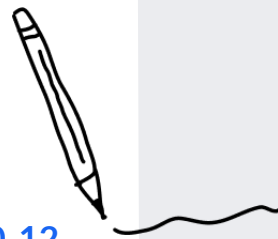
2pm - 2:30pm

Walk/break. [Maybe a guided meditation?](#)

2:30pm - 3:30pm

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?



For more inspiration, check out our list of [grade 10-12 writing prompts](#).

3:30pm -11pm

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

11pm

Lights out, time to sleep!

Bonus



If you're looking for more suggestions for music, dance, drawing, painting, reading and other activities, you can find recommendations at [Wide Open School](#), a collection of resources curated and vetted by Common Sense Media.

We've also created a [Distance learning survival guide](#) for Parents that features expert advice for motivating and engaging your kids and setting up for a successful year of distance learning.