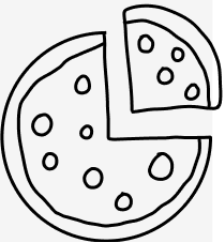


Grades 6-9

Time	Activity
8am - 9am	<p>Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)</p>
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. 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> <ul style="list-style-type: none">• Get ready for 6th grade math before moving on to 6th grade math• Get ready for 7th grade math before moving on to 7th grade math• Get ready for 8th grade math before moving on to 8th grade math• Get ready for Algebra 1 before moving on to Algebra 1• Get ready for Geometry before moving on to Geometry <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>

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.

9:40am - 10am

Go for walk/run. Youtube [JustDance](#) /workouts if weather is bad. Maybe 15 minutes of [Yoga with Adriene](#)?

10am - 11am

Reading time. Here is [Khan Academy's recommended reading list](#).



We also recommend [this list from the ALA](#) and [this list from WeAreTeachers](#).

Sal Khan's favorite science fiction books that he read around your age include:

- Foundation, by Isaac Asimov
- Ender's Game, by Orson Scott Card
- Hitchhiker's Guide to the Galaxy, by Douglas Adams

11am - 11:20am

Break. Walk/run outside if possible.

11:20am - 12pm

[Khan Academy Grammar](#)

Recommend starting by taking the course challenge a few times to figure out what you know and don't know.

Journaling/Writing.Things to write about/prompts:

- 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.
- What are you excited or worried about?
- Write a letter to yourself 10 years in the future.
- What do you want to tell your future self?
- How do you think the world will be different after the novel coronavirus?
- 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.



For more inspiration, check out our list of [grade 6-9 writing prompts](#).

12pm - 1pm



Lunch - Listen to an educational podcast! Try [RadioLab](#) If you like science, [Forever Ago](#) if you like history, or [Goodnight Stories for Rebel Girls](#) 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:

- [High school biology \(learning plan\)](#)
- [American history](#)
- [Computer science principles](#)



2pm - 2:30pm

Walk/break

2:30pm - 3:30pm

Enrichment:

- [Code.org Express course](#) (block based for beginners).
- [Khan Academy computer programming](#), (text based for beginners to intermediate).

Programming computers is far more fun and creative than you probably ever imagined. Both these resources start by creating fun cartoons and animations and work your way up to creating fun games that your friends can play.



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3:30pm - 8pm

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

8pm - 9pm

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.