Grades 10-12

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<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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<td>9am - 9:40am</td>
<td>Khan Academy math practice.</td>
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<td>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.</td>
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<td>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.</td>
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<td>• Get ready for Algebra 2 before moving on to Algebra 2</td>
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<td>• Get ready for Geometry before moving on to Geometry</td>
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<td></td>
<td>• Precalculus/Trigonometry</td>
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<td>• AP Calculus AB</td>
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<td>• AP Calculus BC</td>
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<td>• AP Statistics</td>
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| 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.