



My Learning Day

Today's Date:

Breakfast

Lunch

Dinner

Morning Snack

Afternoon Snack

Off-Screen Play Times

Be Healthy

Mind - *brain breaks and mindful activities*

Body - *active play/exercise throughout the day*

Be creative - *What can I make today?*

Be helpful - *How can I help at home today?*

Math

Reading

Writing

Word Work

Specials
PA PE VA ML