



# LaunchEd@Home Schedule

Student Name: \_\_\_\_\_

Week of: \_\_\_\_\_

Grade: \_\_\_\_\_

Team: \_\_\_\_\_

Date	Period	Time	Course	Teacher	To Do's	Notes/Reminders/Homework
<b>Wake Up, Eat Breakfast, Get Ready to Start the Day!</b>						
		<b>M, T, Th, F / W</b>			<input type="checkbox"/> Log in to Laptop <input type="checkbox"/> Go to Google Chrome and Launch.ocps.net	
	1st	9:30-10:17 / 9:30-10:12			<input type="checkbox"/> Open Canvas Tile for Course <input type="checkbox"/> Check Announcements <input type="checkbox"/> Submit any Homework	
4 Minute Break - Get up and stretch. Reach for the sky!						
	2nd	10:21-11:08 / 10:16-10:54			<input type="checkbox"/> Open Canvas Tile for Course <input type="checkbox"/> Check Announcements <input type="checkbox"/> Submit any Homework	
<b>Lunch - M,T,Th,F 11:12-11:42      W 10:54-11:24</b>						
Let's go back to class! - Take 5 deep breaths.						
	3rd	11:46-12:33 / 11:28-12:06			<input type="checkbox"/> Open Canvas Tile for Course <input type="checkbox"/> Check Announcements <input type="checkbox"/> Submit any Homework	
4 Minute Break - Get ready and make a Super Hero pose!						
	4th	12:37-1:24 / 12:10-12:48			<input type="checkbox"/> Open Canvas Tile for Course <input type="checkbox"/> Check Announcements <input type="checkbox"/> Submit any Homework	
4 Minute Break - Be sure to get a healthy snack.						
	5th	1:28-2:15 / 12:52-1:30			<input type="checkbox"/> Open Canvas Tile for Course <input type="checkbox"/> Check Announcements <input type="checkbox"/> Submit any Homework	
4 Minute Break - Think of 2 positive things that have happened today.						
	6th	2:19-3:06 / 1:34-2:12			<input type="checkbox"/> Open Canvas Tile for Course <input type="checkbox"/> Check Announcements <input type="checkbox"/> Submit any Homework	
4 Minute Break - Get up and dance because the day is almost over!						
	7th	3:10-3:57 / 2:16-2:54			<input type="checkbox"/> Open Canvas Tile for Course <input type="checkbox"/> Check Announcements <input type="checkbox"/> Submit any Homework	
<b>Finish up any homework, end the day on a positive note, go outside and get some fresh air.</b>						