

<u>Period</u>	<u>Time</u>	<u>Course</u>	<u>Teacher</u>	<u>To Do's</u>	<u>Notes/Reminders/Homework</u>
Wake Up, Eat Breakfast, Get Ready To Start The Day					
	9:25			<ul style="list-style-type: none"> ✓ Log In To Laptop ✓ Go to Google Chrome and Launch.ocps.net 	
1 st Period	9:30 – 10:21 W 9:30 – 10:12			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
4 Minute Break – Take a walk around the house.					
2 nd Period	10:26 – 11:12 W 10:16 - 10:54			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
A Lunch 11:12-11:42 W 10:54-11:24					
4 Minute Break – Take 5 deep breaths.					
3 rd Period	11:46 – 12:33 W 11:28-12:06			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
4 Minute Break – Get up and stretch! Reach for the sky!					
4 th Period	12:37 – 1:24 W 12:10-12:48			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
4 Minute Break – Be sure to get a healthy snack!					
5 th Period	1:28 – 2:15 W 12:52-1:30			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
4 Minute Break – Think of 2 positive things that have happened today.					
6 th Period	2:19 – 3:06 W 1:34-2:12			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
4 Minute Break – Get up and dance because the day is almost done.					
7 th Period	3:10 – 3:57 W 2:16- 2:54			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
Finish up any homework, end the day on a positive note, go outside and get some fresh air. Tomorrow is another day!					