

High School Resources

Below are two example schedules for high school students, followed by an appendix with suggested activities. One schedule is more structured and the other is more free form. We know each child learns differently, so please use these as guidelines to create a routine that will fit your teen's style best.

Schedule 1

This schedule is modeled after a traditional school day. Some students may find motivation in continuing with a daily schedule that they recognize. Feel encouraged to shift the order of classes and content to mix up routine.

Class	Assignments
Morning Routines	<ul style="list-style-type: none"> Wake up at a consistent time Get ready for the day Eat breakfast
Math & Science	<ul style="list-style-type: none"> Prioritize work assigned by your teacher Check teacher communications daily If you're caught up, check the appendix for ideas
PE & Health	<ul style="list-style-type: none"> Go for a walk, run, or bike ride Try a workout on YouTube Practice mindfulness, a moment of peace, or journaling
College & Career Readiness	<ul style="list-style-type: none"> Study for the PSAT, SAT, or ACT Explore colleges and apply for scholarships Learn a real life skill like setting a budget or home maintenance
Lunch	<ul style="list-style-type: none"> Eat while video chatting with your friends or family
English & Social Studies	<ul style="list-style-type: none"> Prioritize work assigned by your teacher Check teacher communications daily If you're all caught up, check the appendix for ideas
Elective	<ul style="list-style-type: none"> Practice something creative. Play an instrument, write a song, curate a thematic Spotify playlist, create beats using an app, make some art, cook, sew, dance, learn a language, etc.
"Adulting"	<ul style="list-style-type: none"> Walk your dog, wash the dishes, clean your room or bathroom, babysit a younger sibling, do laundry, etc.

Schedule 2

This free form schedule may feel more accommodating of students who prefer an open-ended list. Encourage your teen to set aside time to jot down their goals for each day. Plan to review and adjust on an ongoing basis. Have your goals written down in any way that is sustainable for you family.

Monday's To-do List

- Breakfast, shower, brush teeth
 - Walk Buttercup
 - Clean kitchen, bedroom
 - Algebra assignment (send answers to Mrs. Callahan)
 - Read 3 chapters of The Hate You Give
 - Google hangout with Timmy, Mags, and Shmoo
 - Babysit lil sis (so mom can workout!)
 - Write letters to Grammy Jo and Nana
 - Physics project (send rough draft to Mr. T)
 - Make dinner for family (tacos or spaghetti??)
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Appendix of Activities

The following are suggestions and ideas for how to fill in your daily schedule. There are so many ideas outside of those listed here! Use this list as a way to get started.

Math & Science

Subject	Materials	Projects
Data and Modeling	Timer	<ul style="list-style-type: none"> • Collect data around your house. <ul style="list-style-type: none"> ◦ E.g. Time elapsed vs. amount of blocks you can travel via walking, running, skateboarding • Collect data presented by scientists in the news. <ul style="list-style-type: none"> ◦ E.g. Money spent on ads vs delegates a candidate wins in the primary election • Model your data on paper or in an online or software tool. Consider sharing your results with peers, teachers, or family. <ul style="list-style-type: none"> ◦ Online graphing tool: www.desmos.com/calculator
	Measurement tools	
	Microsoft Excel	
	Google Sheets	
Trigonometry and Measuring	Ruler or tape measure	<ul style="list-style-type: none"> • Use trigonometry to calculate the height of a tree or tall building in the neighborhood. Find a right angle to form a triangle model, then measure an angle and a side length to determine the length of a missing side. • Use the Law of Sines or Law of Cosines to determine the distance between objects or places.
	Protractor	
	Calculator	
Volume and Area	Ruler or tape measure	<ul style="list-style-type: none"> • Calculate the amount and dimensions of lumber needed to build a bookshelf. • Determine the cost needed to recreate a piece of household furniture based on lumber and paint prices.
Tesselations	Paper	<ul style="list-style-type: none"> • A tessellation is when we cover a surface with a pattern of flat shapes so that there are no overlaps or gaps https://www.mathsisfun.com/geometry/tessellation.html • Make a pattern and repeat it using tiles. • Look for tessellations or tile patterns around you, in art, or online.
	Scissors	
	Drawing utensils	
Scientific Method	Household supplies	<ul style="list-style-type: none"> • Consider an issue that interests you and ask yourself what questions are left unanswered. How could those questions be tested? • Make an observation, create a hypothesis, determine variables, test your hypothesis and come to a conclusion.
	Internet research	

PE & Health

Subject	Materials	Projects
Mindfulness and Meditation		<ul style="list-style-type: none"> • Mindfulness is the practice of purposefully focusing your attention on the present moment and accepting it without judgement. • Practice breathing methods, or guided imagery. • Think or write in a journal about a helpful saying, quote, religious verse, or mantra. • Use a mindfulness app like Headspace to guide you.
Exercise		<ul style="list-style-type: none"> • Move your body in a way that is healthy for you. <ul style="list-style-type: none"> ◦ E.g. walk, stretch, run, hike, throw, bike (with a helmet) • Practice a skill for a sport you enjoy. <ul style="list-style-type: none"> ◦ E.g. dribble a basketball, kick a soccer ball, follow a yoga instructor or learn a dance move on YouTube • Walk your dog/cat/pony/lizard/other pet.

College & Career Readiness

Subject	Materials	Projects
Finance		<ul style="list-style-type: none"> • Calculate debt through credit cards and/or auto loan payments. <ul style="list-style-type: none"> ◦ Research interest rates and calculate debt if you pay only minimum payments vs pay off credit card each month ◦ Find your dream car, then calculate loan payments based on current interest rates • Bankrate has calculators on their website to enter information for credit cards, investments and savings accounts. https://www.bankrate.com/calculators.aspx
Career Exploration		<ul style="list-style-type: none"> • Take a career interest survey and look into your results. • Talk to family members and friends about their careers. Learn about the paths they took, the education they needed, and how they chose their careers.
College Exploration	College Board College Search	<ul style="list-style-type: none"> • Research colleges, universities, and vocational programs. <ul style="list-style-type: none"> ◦ https://bigfuture.collegeboard.org/
ACT/SAT Prep		<ul style="list-style-type: none"> • Take online practice tests. • Check out Khan Academy for resources.

English & Social Studies

Subject	Materials	Projects
Reading	Books	<ul style="list-style-type: none"> Choose something to read—anything with text counts! When choosing a book, start with a genre that you know you enjoy, get recommendations from friends, and look at lists of recommended books online. You can even poll friends and family on their favorite books through social media. Practice annotation skills. Make text-to-self, text-to-text, or text-to-world connections. Start or join a book club that meets online. Audio books are great too, and many can be downloaded for free through local library websites.
	Graphic novels	
	Articles	
	Blogs	
	Internet forums	
	Comics	
	Magazines	
Writing		<ul style="list-style-type: none"> Journal about your past, present, or future. Write a letter or postcard and send it with a stamp. Write creatively about whatever you want—and don't worry about spelling or grammar (at first). Practice grammar at http://NoRedInk.com or Khan Academy. Write grocery lists, Instagram posts, twitter updates. Just write.
Film	Online streaming service	<ul style="list-style-type: none"> Watch a television show, movie, or YouTuber. <ul style="list-style-type: none"> Practice noticing more than just the content—look for costumes, set design, lighting, music, camera angles. Practice stage makeup, make a costume, write a script, act out a scene from your favorite movie, make a video.
	Movie	
	TV show	
	YouTube	
Research		<ul style="list-style-type: none"> Think of a topic that interests you and find out more. This could be anything from space travel to costume makeup to training horses. Learn from experts via YouTube, social media, and other educational avenues. Share your knowledge with a family member, friend, or your online community. You could even pool your knowledge enough to make your own social networking video with your new knowledge.
History		<ul style="list-style-type: none"> Contact a family member or friend who has experienced a major historical event and interview them about their experience. Write down reflections or record the conversation with their permission. Write a letter to future generations about your experience during COVID-19.

Elective

Subject	Materials	Projects
Cooking		<ul style="list-style-type: none">• Look through a cookbook in your house and find something interesting to make for your family.• Watch a cooking video and try it yourself. Ask a family member or close friend to teach you how to make their favorite recipe. Meet virtually.
Coding	Computer or device	<ul style="list-style-type: none">• Go through a coding activity at https://hourofcode.com/us/learn• Work on a coding class through Khan Academy.• Develop a plan for an App that would change the world and make it.
Music	Musical instrument Music playing device	<ul style="list-style-type: none">• Practice your musical instrument. Look for online tutorials that lead you through learning a new song or technique. Practice with fellow band members virtually.• Download an app where you can make your own beats or blend sounds.• Find a new band or musical artist and start listening to them. Listen to the lyrics or composition of the music and find out more about their style.• Write a song or practice singing.
Visual Arts	Art supplies	<ul style="list-style-type: none">• Draw something in your house.• Participate in an online art tutorial.• Explore a new art medium.<ul style="list-style-type: none">◦ E.g. collage, watercolor, oil pastels
Performing Arts		<ul style="list-style-type: none">• Watch a performance online. Many Broadway, symphony, and opera performances are available online for a limited time.
World Language		<ul style="list-style-type: none">• Watch a popular show or movie in the language you are studying. Use English subtitles as needed.• Contact a family member or friend who speaks the language you are studying and practice speaking together.• Use DuoLingo, Pimsleur, or other language acquisition programs to practice vocabulary and grammar.
