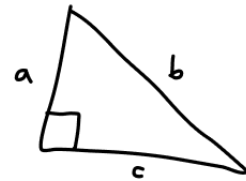
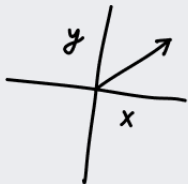


# Grades 10-12

Time	Activity
8am - 9am	Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)
9am - 9:40am	<p>Khan Academy math practice. Depending on level, one of the following courses are likely appropriate:</p> <ul style="list-style-type: none"><li>• <a href="#">Algebra II</a></li><li>• <a href="#">Geometry</a></li><li>• <a href="#">Precalculus/Trigonometry</a></li><li>• <a href="#">AP Calculus AB</a></li><li>• <a href="#">AP Calculus BC</a></li><li>• <a href="#">AP Statistics</a></li></ul> <p>Our <a href="#">Weekly Math Learning Plans</a> for Geometry through Algebra 2 will keep you on track and motivated to finish the school year strong.</p>
9:40am - 10am	Go for walk/run. Youtube <a href="#">JustDance</a> /workouts if weather is bad. Maybe 15 minutes of <a href="#">Yoga with Adriene</a> ?
10am - 10:40am	<a href="#">Official SAT Practice (math, reading and writing)</a>
10:40am - 11am	Break/Walk



11am - 12pm

Science practice on Khan Academy (high school or A.P. level):

- Biology ([high school](#), [A.P.](#))
- 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

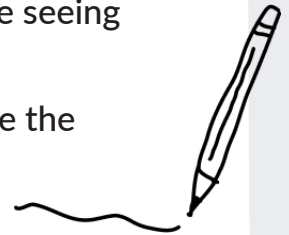
Walk/break. [Maybe a guided meditation?](#)

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?



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, check out:

- [Wide Open School](#), a collection of resources curated and vetted by Common Sense Media.

