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| **Possible Daily Routine for Students in Grades 9-12** |
| **Before 9am** | **Wake Up, breakfast, get ready for the day** |
| **9:00 - 9:30 am\*** | **Reading/Listening Time/Virtual Peer and/or Teacher Check In\*\*** |
| **9:30 - 10:00 am\*** | **Learning Time Activities** |
| **10:00 - 10:30 am** | **Physical/Emotional Activity Time (Structured)** |
| **10:30  - 10:55 am\*** | **Learning Time Activities** |
| **10:55 - 11:00 am** | **Break** |
| **11:00 - 11:30 am\*** | **Learning Time Activities** |
| **11:30 - 12:00 pm** | **Physical/Emotional Activity Time (Open Play)** |
| **12:00 - 12:30 pm** | **LUNCH** |
| **12:30 - 1:00 pm** | **Reading/Listening Time/Virtual Peer and/or Teacher Check In\*\*** |
| **1:00 - 1:25 pm\*** | **Learning Time Activities** |
| **1:25 - 1:30 pm** | **Break** |
| **1:30 - 2:00 pm\*** | **Learning Time Activities** |
| **2:00 - 2:25 pm** | **Art/Creative Time** |
| **2:25 - 2:30 pm** | **Break** |
| **2:30 - 3:00 pm** | **Art/Creative Time** |
| **\***30 minute blocks for elementary school students; 1 hour blocks for secondary students**\*\***Virtual Peer and/or Teacher Check In - this can be a time for students to connect with peers and possibly their teacher in a discussion on Google classroom or a hangout  |

For more resources, visit the [Contra Costa County Office of Education Learning Resources](https://www.cccoe.k12.ca.us/cms/One.aspx?portalId=1077397&pageId=27368030)