

Weekly home rhythm distance learning

Miss Begona

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Time	Location	Location2	Location3	Location4	Location5	Column1
9:00-10:20	RAINBOW STONE WALK TRAIL (location will change every week) TBD	Play outside if garden at home or bike ride. Make bread dough	Play outside if garden at home or bike ride	Window hunt through neighbourhoods TBD	Play outside if garden at home or bike ride	
10:20-10:45	REST, Wash hands, preping of snack, setting table	REST, Wash hands, preping of snack, setting table	REST, Wash hands, preping of snack, setting table	REST, Wash hands, preping of snack, setting table	REST, Wash hands, preping of snack, setting table	
10:50-11:10	<i>SNACK (Granola with yougurt and carrots)</i>	<i>SNACK Porridge with raisins and apples</i>	<i>SNACK Turkey and cheese sandwiches</i>	<i>Snack Boiled eggs and fruit plater</i>	<i>Snack (celery with peanut butter and raisins, cheese with crackers)</i>	
11:10 AM		BREAD BAKING (place bread in oven while children play)	CHOPPING VEGETABLES for soup			
11:30 AM	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	
11:30 to 12:50	FREE PLAY	FREE PLAY	FREE PLAY	FREE PLAY	FREE PLAY	
12:50-1	Clean up and wash hands	Clean up and wash hands	Clean up and wash hands	Clean up and wash hands	Clean up and wash hands	
1-1:30	<i>RICE (sun and moon) and apples</i>	<i>BREAD WITH BUTTER AND APPLES</i>	<i>SOUP</i>	<i>MILLET (sun and moon and apples)</i>	<i>QUINOA (sun and moo) carrots</i>	
1:30-1:50	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	Clean up (rinsing irems and placing in dishwasher, cleaning table, sweeping)	
1:50-2:05	STORY	STORY	STORY	STORY	STORY	
	Beeswax	Clening areas of the house	PAINTING	Beeswax	Mending clothes/stitching porjects	
2:30-3:30	Outside walk	Outside walk	Outside walk	Outside walk	Outside walk	
	Drawing/calm activities	Drawing/calm activities	Drawing/calm activities	Drawing/calm activities	Drawing/calm activities	
	Wash hands and helping prep dinner	Wash hands and helping prep dinner	Wash hands and helping prep dinner	Wash hands and helping prep dinner	Wash hands and helping prep dinner	
	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	<i>DINNER</i>	
	Bath/story/bedtime	Bath/story/bedtime	Bath/story/bedtime	Bath/story/bedtime	Bath/story/bedtime	