



- *Continue your morning routines like you would do if you were attending school. Get up early, eat breakfast, take a shower and get dressed for the day.*
- *Designate and/or set up a place for you to complete your work in a distraction free environment*
- *Be sure to log in to school on time every day. If you log on late, be sure to go back to the first period of the day and sign in. Go to every class and communicate with your teachers.*
- *During your 11-1 break, you should eat lunch and get off your Chromebook. Give your eyes and brain a break for staring at a screen!*
- *Stay connected with your friends and classmates*
- *Exercise and/or get some physical activity.*

