***Life Skills Distance Learning April 6th-April 8th***

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| **TIME** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
|  | **Communication/PE** | **Vocational/Independent living** | **Functional Academic/PE** | **Domestic/Leisure/Safety Travel** |
| 9:00 AM – 9:30 AM | **\*Morning Meeting/Meditation**  **Group 1 (9:00-9:15)**  **Josh, Troy, Trevor, Frank**  **\*Speech Live Lesson** | Morning Yoga  <https://www.youtube.com/watch?v=Td6zFtZPkJ4> | Morning Meditation  <https://www.youtube.com/watch?v=vYQy8-7Ut1E> | \*No School\* |
| 9:30 AM – 10:00 AM | **\*Morning Meeting/Meditation**  **Group 2 (9:30-9:45)**  **Jack, Alex, Jamie, Carter, John**  **\*Speech Live Lesson** | **\*Vocational/Independent Living**  **Group 1-Josh, Troy, Trevor, Frank**  **\*PT**  **Live Lesson on**  **Handwashing** | **News-2-You/ULS/Math**  Read the News-2-You story “Stress Management Month” with a family member and answer the questions on the worksheets. |  |
| 10:00 AM – 10:30 AM | **Pets Day**  **Click on the link below to learn more about your teacher and classmates.**  <https://flipgrid.com/cfcf4529> | **\*Vocational/Independent Living**  **Group 2- Jack, Alex, Jamie, Carter, John**  **\*PT**  **Live Lesson on**  **Handwashing** | **Functional Writing**  Write/Type Name  Write/Type Personal Information  Practice telling a parent your personal information |  |
| 10:30 AM – 11:00 AM | **Domestic/Cooking**  Pick a FlipGrid Lesson from my Food Prep page and make lunch, or you can make your own lunch. Respond in FlipGrid to show what you made. You may need to enter your FlipGrid ID to access.  <https://admin.flipgrid.com/manage/grids/2864817> | **Domestic/Cooking**  Pick a FlipGrid Lesson from my Food Prep page and make lunch, or you can make your own lunch. Respond in FlipGrid to show what you made. You may need to enter your FlipGrid ID to access.  <https://admin.flipgrid.com/manage/grids/2864817> |  |  |
| 11:00 AM – 11:30 AM | Lunch | Lunch |  |  |
| 11:30 AM – 12:00 PM | Lunch Cleanup | Lunch Cleanup |  |  |
| 12:00 PM – 1:00 PM | **Physical Education**  Click on Mr. Helsel’s Website for P.E. activities  [Teacher Website](https://nam02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.cbsd.org%2FDomain%2F1847&data=02%7C01%7CMCASTELLI%40CBSD.ORG%7C072b12f5b82743a45ab108d7d51197ee%7Caa0b488ffc9e4185a5e3384220df23ca%7C0%7C0%7C637212143831625052&sdata=nh45u%2F729I5Fc9tL0GO159hqeVtHu8HuWivzPCQApR0%3D&reserved=0) | **Vocational Work**  Click on the link for vocational task ideas. You may need your FlipGrid ID to access.  <https://admin.flipgrid.com/manage/grids/2959998> |  | . |