

Daily Lunchtime Routine



How is today going so far?



What are you looking forward to?



Who can you ask for help if you need it?

Use this routine each day during lunchtime. Fill in the blanks for each part of your routine and check the box when it's complete.

Remember to consider the following:

How can you take care of all your body's senses and needs?

Do you know when you should return to class?

Have you read the afternoon agenda and know what to expect?

When should your camera and microphone be on or off?

Do you know when the next stretch break or playtime will be?
